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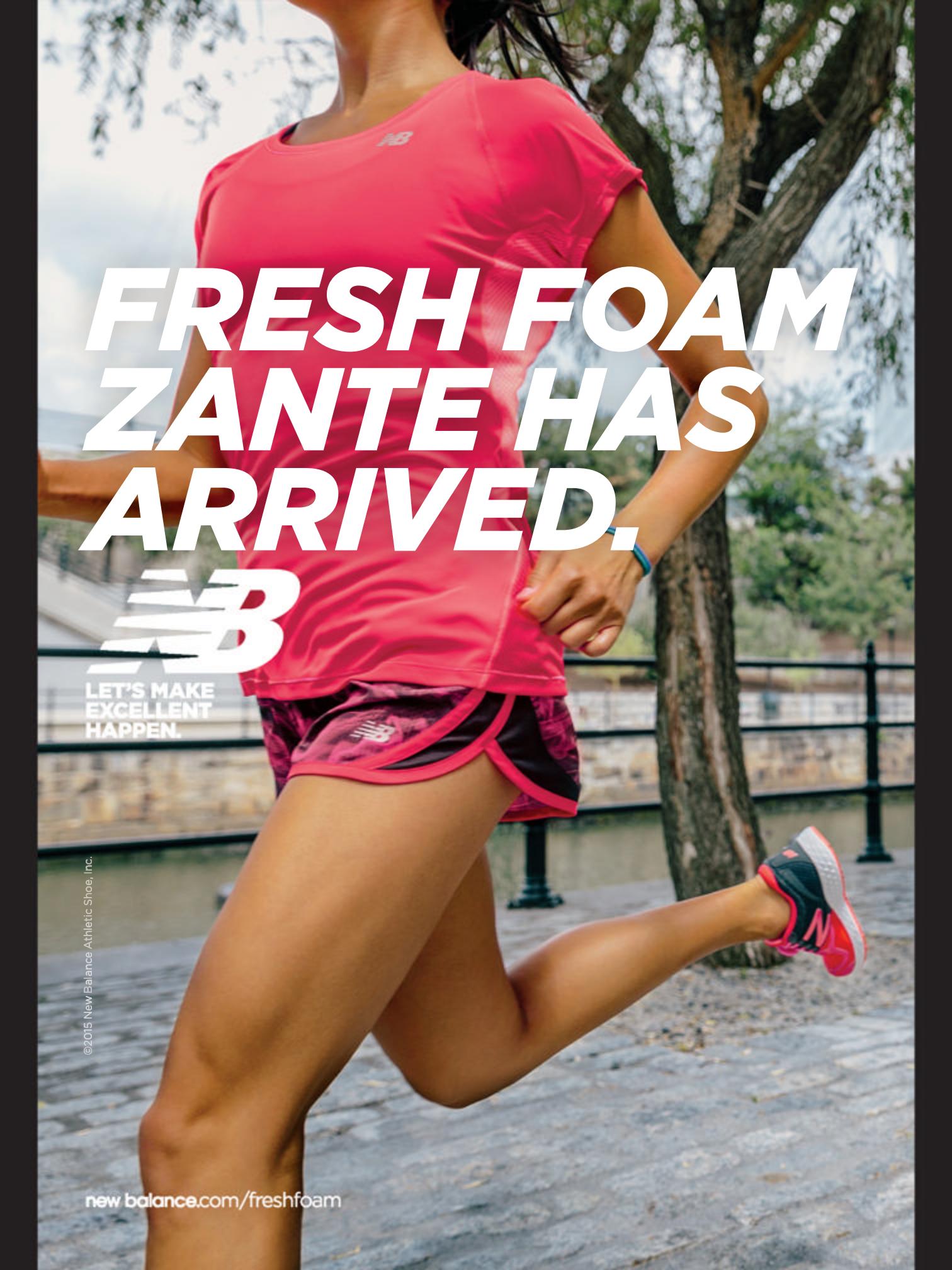
HOW TO DEAL
WHEN YOU WANT
TO FREAK OUT

RUN BETTER, FASTER, STRONGER

EXACTLY
HOW TO TRAIN,
WHAT TO EAT,
WHAT TO WEAR

POWER UP YOUR PASTA

10 EASY,
DELICIOUS
TRICKS



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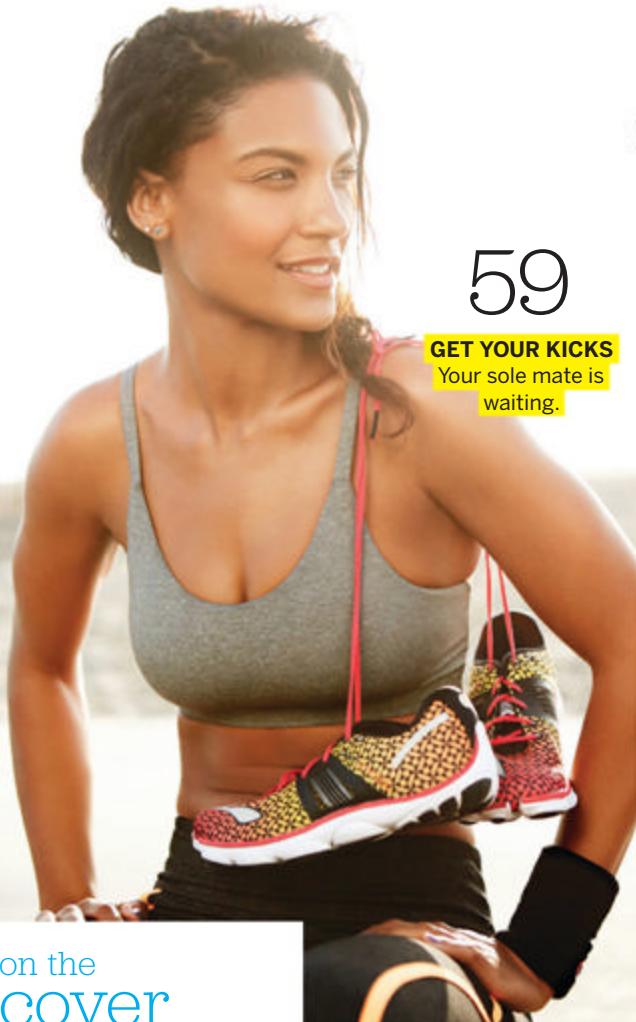
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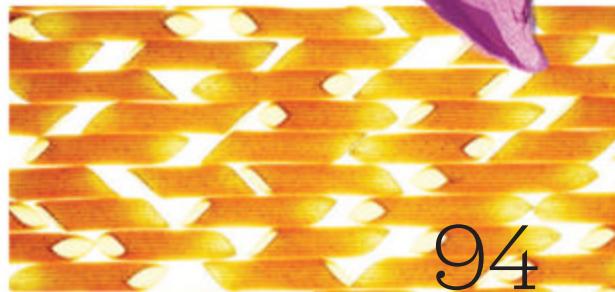
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ON OUR COVER

Kate Bock/Elite NYC.
Photographed by Matt
Hawthorne. Hair: Bradley
Iron/ABTP. Makeup:
Carrie LaMarca/ABTP
for Lancôme. Manicure:
Rachel Shim/ABTP for
Marc Jacobs Beauty. Set
design: Katherine Rusch.
Michi Sports Bra. K-Deer
Leggings. Apple Watch.

Crazy About Kate

Model Kate Bock knows her way around a gym. As a kid, she played soccer, field hockey and baseball; today, the *Sports Illustrated* and Victoria's Secret model enjoys frequent SoulCycle and hot yoga classes and considers working out a treat. "I get a high afterward," she says. "I did something good for myself, and I leave feeling as if I'm ready to go accomplish great things for the day." Here are a few more reasons why we're crushing on Kate.

She's a daredevil.

"I just went skydiving for the second time. I screamed the entire way down—the instructor who was strapped to me may have gone partially deaf! It's such a rush."



She eats healthy on the road.

"When I'm in a foreign city for work, first I go to the grocery store to pick up some veggies and hummus or some apples or almonds to have in my room."

She struggles to fit in workouts, just like the rest of us.

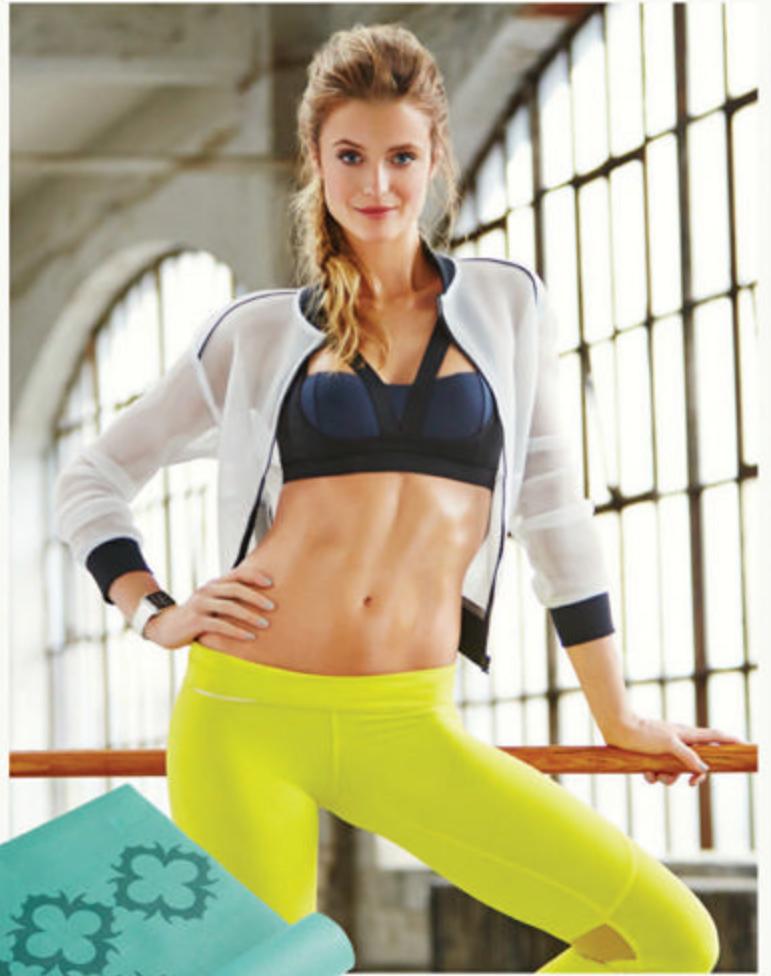
"People think it's easier for models for some reason, but like everybody else, I have to wake up before dawn to take a 6:00 a.m. class."

She works out every day, no matter what.

"I travel all the time, and it's the one thing that stays consistent. Getting a sweat going always makes me feel better."

She doesn't deprive herself.

"I eat lots of veggies, salads and chicken, but I'll have some chocolate if I want it. And a glass of wine. It's all about moderation."



Her iPhone is her exercise guru.

"I use an app called BurnThis that recommends the top exercise studios in whatever city I'm in."



Kate's Beauty Basics

Sunscreen Shiseido Ultimate Sun Protection Cream+ SPF 50+ WetForce (\$36, shiseido.com), Neutrogena Ultra Sheer Body Mist Sunscreen SPF 30 (\$10, neutrogena.com)

Mascara Maybelline New York Full 'N Soft Washable Mascara in Very Black (\$8, drugstores)

Concealer Lancôme Effacernes Waterproof Protective Undereye Concealer (\$31, lancome-usa.com)

Skin savers MUN No. 1 Aknari Brightening Youth Serum (\$95, munskin.com), SK-II Facial Treatment Mask (\$135 for 10 masks, sephora.com)



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Editor's Note

Make Fit Happen—Always



After 22 years of moving millions of readers—with our effective workout routines, inspiring I Did It! stories, sensible diet plans and totally doable health and beauty tips—FITNESS is making a few bold moves of its own. Change is good. You're here doing our routines and following our healthy advice because you know that transformation is a necessary step to growing stronger. And so we're taking transformative steps too: Starting next month with our May issue, FITNESS is partnering with our newly acquired sister title SHAPE to create a new magazine that melds the best of our two kickass women's lifestyle brands. We'll still bring you all the moves, meals and

motivation you love—right in time for the start of short-shorts and swimsuit season! Look for the new SHAPE on newsstands or in your mailbox soon. And be sure to continue visiting my editors and me at Fitnessmagazine.com and Shape.com, where you can keep sharing your feedback and successes.

You, our incredible readers, have always been the true pulse of this magazine. As my talented team and I put the finishing touches on these pages, we want to thank you for being the best role models. Ever. You inspire us every day with your strength, commitment and spirit, which makes us better at our jobs. Whether you come here to get healthy, lose weight, build muscle or shed stress, it is our privilege to bring you closer to your goals. Since the day that I took the helm of this magazine more than six years ago, I knew I was walking into my dream job. I also soon discovered I'd entered a community of motivated, supportive and energetic women among all of you. Every letter, tweet and post you send our way shows how disciplined, invincible and amazing you are, how you're always ready to aim high, dig deep and conquer challenges big and small to build the body and life you want. We've crossed many finish lines with you, cheering on your progress and sweating the details to deliver the best, most trusted insights to help you push further. Let's keep moving forward together. We'll always be rooting for you.

Betty

Betty S. Wong, Editor in Chief
betty@fitnessmagazine.com

John, Pam, Kathy, Mary, Molly, Bethany Lisa, Lindsay, Bethany, Heather, Argy, Chelsea, Susan, Katie, Nichole, Lauren, Triona, Toby, Karina, Amanda, Ian, Steve, Gary, Dan, Matt, Tom, Amanda, Kiera and Samantha



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Editorial Business Coordinator **Christiana Brebnor**

advertising offices

805 Third Avenue, 29th Floor, New York, NY 10022; 212-557-6600.
333 North Michigan Avenue, Suite 1500, Chicago, IL 60601; 312-580-1600.
1990 South Bundy Drive, Suite 500, Los Angeles, CA 90025; 310-207-7570.
201 Mission Street, 12th Floor, San Francisco, CA 94105; 415-249-2350.
1050 Wilshire Drive, Suite 330, Troy, MI 48084; 248-205-2571.
Nuala Berrells Media, Inc., Dallas, TX; nualaberrellsmedia@gmail.com; 214-660-9713

President, Women's Lifestyle Group **Thomas Witschi**

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I Did It!

By Karla Walsh

"I LOST 82 POUNDS"

CAROLYN FISH, 28, Millbrook, New York



WHAT WORKED FOR ME

MY MANTRA

"Strive for progress, not perfection."

RECIPE REHAB

"I still bake cookies, but I include heart-healthy oils and oats."

STAY-FIT STRATEGY

"I don't need a gym membership. Besides lifting and running, I use the Insanity and Focus T25 workout DVDs."

DREAM DESTINATION

"Now that I'm fit, I'd love to visit Alaska with my husband to hike and fish."

Carolyn weighed 200 pounds.

Four years ago, Carolyn's doctor told her, "If you don't lose weight, you'll have diabetes by the time you're 30." The 200-pound mother of two, who had high cholesterol and high blood pressure, was shocked. Before having kids, she had always been slim. "Since I'd never been heavy, I didn't pay attention to portion size," says Carolyn, who ordered Chinese takeout three times a week and sometimes ate four peanut butter cups a day. "I didn't work out, and eating was pretty much an all-day activity." In five years, she had packed 70 pounds onto her 5-foot-6-inch frame.

► Turning Point

In April 2011, Carolyn was getting ready to visit her best friend in Arizona. "I looked at my size-18 self in the mirror and almost canceled the trip." Instead, she made a pact with herself to begin exercising when she returned home.

► Smart Steps

Carolyn made good on that promise. As soon as she got back, she started walking a mile a day on a treadmill and gradually worked up to four. "It was rewarding to see progress each week," she says. A few months later, Carolyn bought a set of weights and added strength training to her routine.

To get her diet in check, Carolyn downloaded the Weight Watchers Mobile app. She was amazed at what calorie bombs her favorite restaurant meals were, so she found recipes for lighter versions on blogs and Pinterest. A new family fave: beef and broccoli, heavy on the veggies and made with lean meat and reduced-sodium soy sauce.

► Sweet Success

In January 2012, Carolyn reached her goal of 118 pounds. "My blood pressure is perfect, my cholesterol is right where it should be, and I've never felt better," she says.

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I Did It!

"I FOUND A RUNNING SISTERHOOD"

JOYCE TERRY-BUTLER, 45, Suitland, Maryland



June 23, 2013, was a big day for Joyce. She crossed the finish line of her first 5K, and she met the ladies who would become her workout buddies, cheerleaders and confidantes. As she walked and jogged the 3.1-mile course of the Baltimore Women's Classic 5K, she couldn't help but

notice the positive, vocal women of Black Girls Run (BGR), a nationwide running club. "Everywhere I turned, I saw ladies rocking tanks or headbands with the Black Girls Run logo," Joyce says. "They had a huge cheering squad supporting them." And Joyce recognized one of those

women—her old friend Tracey, who talked her into coming to one of the club's group runs.

► The Starting Line

Joyce was nervous for her first run with BGR; because she was overweight and out of shape, she was afraid she wouldn't be able to keep up with the other ladies. But the group welcomed her with open arms. She alternated between walking and running that day and enjoyed it so much that she became a regular at the twice-weekly meet-ups. "Testing my limits made me feel like a different person," Joyce says.

At her first hill workout with BGR, Joyce pushed herself like never before. "I was huffing and puffing on my way up when another member, Janet, saw me struggling," Joyce recalls. "She ran back to join me and said, 'You can and will conquer this hill!'" And Joyce did.

► Picking Up Speed

Joyce's hard work paid off. After just a couple of months, she could run a 5K without having to take walking breaks. And she didn't stop there. Over the next year and a half, Joyce not only became an avid racer—she has 29 races, from 5Ks to a marathon, under her belt—but she also dropped 80 pounds.

When Joyce looks back on how sedentary and unhappy she used to be, she can hardly believe it. A little more than two years ago, she wore a size 20 and hated activity of any sort. "I didn't even want to walk to and from the train station, so I asked my kids or husband to drive me right to my office door," she remembers. Now she rarely misses a run. "My fellow Black Girls Run members constantly inspire me to challenge myself and be better," she says. That's what keeps me coming back week after week."

Black Girls Run
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to blackgirlsrun.com to
find your local chapter and
meet your new running
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I Did It!



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"I Pedaled to My Wedding"

LINDSAY SPRINGER, 33, Portland, Oregon

Lindsay's one true love was biking—until she, a master instructor at Revocycle indoor-cycling studio, met Andrew on a 50-mile group ride in 2013. After five months and many shared miles, he proposed. On May 25, 2014, the two exchanged vows atop Mary's Peak, the highest point in Oregon's Coast Range, in front of their closest friends, who had biked to the top along with the inspirational couple. The bride wore white—a custom wedding-day cycling outfit!

FITTING VOWS

"Andrew promised to always pump my tires for me."

STRESS BUSTER

"You don't have to bike 86 miles, but starting your wedding day with something active helps keep you balanced and in the moment."

HEALTHY HONEYMOON

"We did Cycle Oregon, a seven-day 489-mile ride across the state. For our next adventures, we're already mapping out rides in Canada and Croatia."

**TELL US
YOUR STORY!**

Have you lost major pounds? Conquered a fear? Tried a new activity? Whatever your accomplishment, we want to hear all about it. Here, two easy ways to get in touch (include before and after photos when applicable).



INSTAGRAM
Post shots of yourself in action. Use the hashtag #ididit and tag @fitnessmagazine.com.



EMAIL Send us an email at fitnessmail@fitnessmagazine.com, including your current hometown, your age and details about your achievement.

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Q How much air should I put in my bike tires?

A Find the numbers printed on the sidewall of the tire. They show the pressure range, or minimum and maximum pressure in PSI (pounds per square inch). Then use a floor pump, which has a built-in pressure gauge. It's wise to hit up a local bike shop for a tutorial, because the numbers on the tires are just a recommendation. "Air pressure can vary depending on what kind of bike you have as well as your weight and riding style," says Alex Applegate, the hard goods brand manager for Bontrager, a manufacturer of bicycle components, clothing and accessories.



Trainer Tip

Fitness and nutrition expert Harley Pasternak is a FITNESS advisory board member. His celebrity clients include Jessica Simpson, Katy Perry and Megan Fox.

Q Any tips for perking up my #saddesklunch salad?

A The key is to use filling ingredients that don't taste like rabbit food. Here are two of my favorite recipes from my new book, *5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)*.

SPICY, CRUNCHY WHEAT BERRY BOWL

Toss $\frac{2}{3}$ cup cooked wheat berries with 2 tablespoons lemon juice; 1 tablespoon minced red onion; 1 chopped celery stalk; 3 tablespoons chopped walnuts; $\frac{1}{2}$ apple, diced; 2 cups spinach; 4 tablespoons goat cheese; and $\frac{1}{2}$ teaspoon cinnamon.

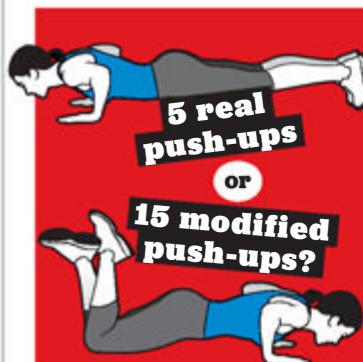
MEDITERRANEAN CHOP

Chop 5 cups romaine, 2 cups spinach, 4 ounces cooked skinless chicken breast, 1 ounce sliced low-fat turkey pepperoni, 1 cucumber, 5 basil leaves, 2 cups cherry tomatoes, $\frac{1}{2}$ cup canned chickpeas, 2 tablespoons reduced-fat feta and 4 black pitted olives. Combine ingredients, then dress with a combination of 2 tablespoons red wine vinegar, 2 teaspoons olive oil, 1 teaspoon mustard, and 1 tablespoon each grated reduced-fat Parmesan and chopped basil.

Q What can I do to keep bad news on the TV at the gym from derailing my workout?

A "The best way to eliminate a negative distraction is to replace it with a positive focus," says Haley Perlus, Ph.D., a sports and exercise psychology expert in Vail, Colorado. Music is a powerful picker-upper, so if you can't switch treadmills, pop in your earbuds and crank Kelly Clarkson's "Heartbeat Song" or Taylor Swift's "Shake It Off." Or tune out distressing images by turning your focus inward. Why are you on that treadmill? If your incentive is a race, imagine yourself crossing the finish line. Hear the crowd cheer, and see the time on the clock. If all else fails, ditch the treadmill altogether—go outside!

Fit Face-Off



A Do the real deal. When you perform push-ups on your toes, you lift more total weight and fully engage your core. It's OK if you can manage only a few; do two or three, then drop to your knees and bang out 10 more. Keep working until you can do 10 traditional push-ups with good form.

Source: Michele S. Olson, Ph.D., a FITNESS advisory board member and professor of exercise science at Auburn University at Montgomery

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Pep Talk

When the going gets tough, the tough get talking—to themselves. A recent study published in *Medicine & Science of Sports & Exercise* found that athletes who practiced motivational self-talk—that is, thinking positive, encouraging things—were able to push harder for longer, which ultimately increased their endurance. “This strategy reduces perceived effort, making the task seem less difficult,” says study coauthor Anthony Blanchfield, Ph.D. “The beauty of it is that it’s easy and free and you can do it anywhere.” At a loss for words? Lace up with a **Momentum Foot Notes shoe charm** (\$10, designs thatmoveyou.com); each is engraved with a saying like “Dig Deep” or “Make It Happen.” Repeat the mantra to cancel out the ‘can’t.’



Go **Figure**

20

Minutes of total-body resistance training you need to do at least twice a week to reduce belly fat and increase metabolism. To get started, try our speedy calorie-sizzling workout from Brett Hoebel, a former *Biggest Loser* trainer, on page 49.

Source: British Journal of Sports Medicine

JUST A MINUTE!

Dragging in your workout today? Pushing yourself for a mere 60 seconds can bring on benefits. Researchers at McMaster University in Ontario found that short-term interval training—10 minutes of exercise with only one minute of hard effort—three times a week improved the health of overweight adults. Bust out some explosive jumping jacks or crank up the treadmill pace for a minute in the middle of a quickie workout.



Spring It On

Say buh-bye to basic black! This season's hottest trend is bright and bold patterns for your bottom. Ditch the drab and reach for one of these fab new pairs of shorts.

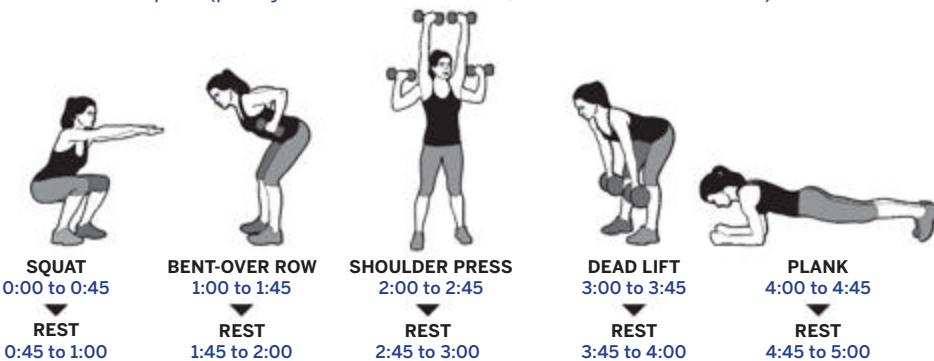
1/ Asics Cleo Pop shorts in Geotribal Print (\$38, [asics.com](#))

2/ Athleta Floral Fade Kata shorts (\$44, [athleta.com](#))

3/ Trina Turk Mesh-Sided shorts (\$66, [trinaturk.com](#))

Ladies Who Crunch

Researchers found that working dads were more likely to exercise during the day than working moms. Why? Women worried about being judged by coworkers and having time to freshen up afterward. Those aren't reasons to skip! Do three sets of this five-minute circuit from Mike Strevel, the training manager for DavidBartonGym Limelight in New York City, performing each move AMRAP ("as many reps as possible"). Warm up and cool down with three sets of burpees (push yourself for 30 seconds, then rest for 30 seconds).



If the shoe fits Shop for sneakers late in the day, when your feet are slightly swollen from being on them for hours. The increased size approximates how big your tootsies are after about 30 minutes of exercise, so your new pair will fit like a glove.

Source: Jordan D. Metzl, M.D., a sports medicine physician at the Hospital for Special Surgery in New York City

How to make other
fruits chocolate
with envy



New



Real dried fruit surrounded by silky smooth DOVE® Dark Chocolate.
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Go **Figure**

69

Percentage of women who aren't satisfied with their hair color. Upgrade your DIY job with a pro-inspired kit that adds dimension by treating the roots of your hair differently than it treats the length. Try **Vidal Sassoon Salonist Permanent At-Home Colour** (\$14, drugstores).

Source: Proctor & Gamble

Sleeping Beauty

Multitasking is basically your middle name. Rest easy knowing that you can snooze—literally—right through these p.m. beauty treatments. They burn the midnight oil so you'll wake up looking gorgeous.

Spring Cleaning

Doorknobs, smartphones and light switches—you know these items are germ magnets. Your favorite blush or lipstick could also be harboring bacteria. Use our toss-after cheat sheet to do a clean sweep of your makeup bag. Not sure how old a product is? "If the color, odor or texture has changed, it's definitely time to toss," says cosmetic chemist Ron Robinson, the founder of [BeautyStat.com](#).

3 MONTHS	6 MONTHS	8 MONTHS
Eyeliner and mascara	Concealer	Liquid foundation and cream blush
12 MONTHS	2 YEARS	Nail polish and lipstick

Face powder, powder eye shadow and blush

Straight talk You can finally nail that cat eye, thanks to this cool trick. When you look into your bathroom mirror, your lashes block your lids. But when you hold a compact below your chin and look down as you apply eyeliner, you have a clearer view of your lash line.

Source: Makeup artist Troy Surratt

NO SWEAT

Deodorant is essential, but we dread that sticky post-application feeling and the white streaks on our tanks. Luckily, the latest deodorants come in a sophisticated dry spray. Simply hold the can six inches from your pits and mist on for all-day protection—no wetness or residue. Try **Dove Dry Spray Antiperspirant** (\$6, drugstores) and **Degree Women Dry Spray Antiperspirant** (\$5, drugstores).

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Play the Field

Join a team to blow off steam. Ball sports like basketball, soccer or volleyball improve mood and relieve stress better than cardio or weight workouts, according to a new study, possibly because being a part of a group encourages social interaction. Hand-eye coordination not your thing? Buddy up with friends for a weekly hike, bike ride or Zumba class.



Heads Up!

Hunching to look down at your Instagram feed puts up to 60 pounds of pressure on your spine, a study found. Bad news, because the average person spends two to four hours a day reading and texting on his or her phone. Keep your head high, squeeze your shoulder blades together and lift your phone so you can see it by lowering your gaze instead of your noggin, suggests study author Kenneth K. Hansraj, M.D., the chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine. And make chest-opening upward dog your go-to yoga pose.

Source: Surgical Technology International



Go Figure

80 million

Number of bacteria swapped in a 10-second lip lock.
Don't worry—you swallow most of the microbes, and they're harmless. The few that do stick around actually boost your health; a greater diversity of oral bacteria protects you from disease-causing bugs. Pucker up!

Source: Microbiome

SWIMMING LESSON

Here's a good reason not to swim or shower wearing your contacts: Getting water on them could lead to a type of keratitis, a nasty inflammation of the cornea. It may cause pain or even blindness, and there are nearly a million cases a year, according to a new CDC report. Can't do laps without your lenses? Put on goggles before you take the plunge, and disinfect your contacts with solution postdip. If you swim frequently, consider springing for daily disposable contacts that you can ditch after using the pool, recommends Kathryn Richdale, Ph.D., an assistant clinical professor at SUNY College of Optometry.

Into thin air Ever wonder where the flab you lose actually goes? As fat molecules metabolize, their atoms break free and regroup to form carbon dioxide and water. The CO₂ is then released into the blood stream and transported to the lungs to be exhaled, and the water is excreted.

Source: British Medical Journal

IT'S TASTIER
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PEOPLE WITH
TASTE BUDS
SAID SO.



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National Taste Test 2013: Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.

Team Kale

More reason to rep the superstar leafy green: New research from Penn State reveals that plant-based omega-3s might be just as effective at decreasing your risk of heart disease as the omega-3s found in fish. Get your fill by loading up on kale, brussels sprouts, spinach, flaxseeds and walnuts.

Go *Figure*

76

Percentage of American women who have tried a fad diet, including the cabbage soup plan or the one-meal-a-day diet. Sorry, ladies—subsisting on liquids alone or not eating enough isn't the way to slim down. For six satisfying foods that actually help you lose, see page 89.

Source: Wakefield Research



Shot on location at CéBlue Villas & Beach Resort in Crocus Bay, Anguilla



ROCK THE OAT

Don't ditch your morning oatmeal along with your winter coat: Oats may increase satiety and improve digestive, metabolic and heart health, according to a new scientific review in the *British Journal of Nutrition*. Tired of your same old bowl? Try topping the whole grain with savory ingredients: a fried egg, chives and hot sauce; avocado and feta; or sun-dried tomatoes and Parmesan.



Trash Talk

You've heard of nose-to-tail cooking—well, the trend isn't just for carnivores. Using all parts of a vegetable has delicious benefits, too, as some scraps we often throw out are totally edible and nutritious. Three to start saving:

SWISS CHARD STEMS

They're loaded with dopamine and the immunity-boosting amino acid glutamine.

PREP 'EM Slice thinly and sauté with olive oil and garlic for a few minutes, then add the Swiss chard leaves. Toss with pasta.

BROCCOLI STALKS

These pack vitamin A, fiber, iron and even more vitamin C than the florets.

PREP 'EM Chop into rounds and use in stir-fries. Make a pesto that swaps two chopped stems for two cups basil.

CELERY LEAVES

The greens beat the stalks in vitamin E and calcium.

PREP 'EM Add to salads or soup or use them as you would fresh parsley.

Go through the (e)motions People who learned to recognize how foods affected their mood were more likely to opt for healthy options and drop pounds than those who didn't. So ask yourself how that food makes you feel. Not great? Skip it!

Source: Journal of Marketing Research

HEALTH-WATCH EXPOSÉ: HOW TO BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus, my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Like many people out there, one of my biggest frustrations when I am trying to lose weight is when my progress halts despite the fact that I continue to follow a strict plan. On my last workout, I expressed my frustration to my elite personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time. Tony handed me a meal replacement drink and told me to include it in my regular diet. He simply said, "You will be astounded by the taste and the results you will see!"

With more than a healthy dose of scepticism, I decided to investigate the shake Tony handed me to try called INVIGOR8.

Turns out, he was right about the taste. After one sip I thought there is no way this can be healthy because the creamy chocolate flavor is just too delicious. I was stunned because virtually every other meal replacement shake I've tried has tasted chalky, clumpy and are packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake costs more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Still sceptical, I looked up the reviews

online and reached out to a few people to get their feedback on the product. By the next morning three people got back to me saying, "As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first 100% natural, organic, non-GMO nutritional shake & superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw organic coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice, I understand the importance of filling my body with the best Mother Nature has to offer. I am always reluctant when trying new products because



I am never sure of the impact they will have on my energy and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while staying fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight while getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.

Go Figure

64

Percentage of pictures that never make it off your camera. Transform those race-day shots into a photo book on Shutterfly (price varies, shutterfly.com). Always snap with your smartphone? Download the free Mosaic app, pick your fave pics and receive an album in four days (\$25, heymosaic.com).

Source: Shutterfly

The Beat Goes On

No worries about crafting the perfect race-day playlist. Sign up for an event with live music to motivate you through the miles; the Rock 'n' Roll series has 30 races, ranging from one mile to 26.2 (runrocknroll.com). Or try one of these really fun runs:



Jazz Half Marathon

New Orleans; October 31, 2015
Jazz musicians, big bands and gospel choirs play every two miles. Refuel with jambalaya at the after-party. (jazzhalf.com)



Reggae Marathon, Half Marathon and 10K

Negril, Jamaica; December 5, 2015 Reggae performers and steel-drum bands add island flavor to this event. Get your groove on at the finish-line beach bash. (reggaemarathon.com)



Austin 10/20

Austin, Texas; April 3, 2016 No wonder Austin is known as the "Live Music Capital of the World." Twenty bands playing everything from bluegrass to indie rock line the 10-mile course, and there's a concert at the finish. (austin1020.com)

Into the Woods

Spring into action with deals on hiking vacays at three jaw-dropping destinations; travel must be completed by August 31.



Rocky Adventure

Pass snowcapped mountains on one of the dozens of trails surrounding Colorado's Vail Cascade Resort, a Destination Hotel.

► **Reader deal** Use the code VCFITNESS15 for a 25 percent savings on the New You package, which includes a 50-minute massage, fitness classes and a personal training session with body-composition analysis. (From \$346 a night; vailcascade.com, 800-282-4183)

Evergreen Exploration

Suncadia Resort in Cle Elum, Washington, features more than 40 miles of trails criss-crossing the Cascade Mountains.

► **Reader deal** With the code FITNESS, you receive bike rentals and fitness classes for two with your stay. (From \$359 a night, 866-904-6300)

Desert Trek

Explore Arizona's Sonoran desert at Scottsdale's JW Marriott Camelback Inn Resort & Spa, located between Camelback and Mummy mountains.

► **Reader deal** Enter the code F49 for the Hittin' the Trail package. It includes water, snacks, sunblock, a desert guide and a backpack. (From \$289 a night; camelbackinn.com, 800-582-2169)

Can't Get Away?

It's OK if you can't make one of these hiking trips happen. Find a national park near you at nps.gov; admission is free on April 18 and 19, the opening weekend of National Park Week. Happy trails!

Hit the ground running Don't yawn away your dream vacation. Kick jet lag with **Entrain** (free, iTunes.com), a research-based app that syncs your circadian rhythms to a new time zone. Enter your travel details to learn when to dim and brighten the lights for a few days before your trip.

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LYTE UP YOUR WORKOUT



Love Your Hair

We know you struggle with your hair. (We have a tough time with ours, too.) But with a little help from top pros, we're confident that we can make you heart your strands—bends, waves, curls and all. Sideline your flatiron and blow-dryer this season and get our customized plan on how to handle your natural texture. You'll save time and feel happier, and yes, your hair will look hotter than ever.

By Krista Bennett DeMaio



Your texture

Bendy

On a curl scale of one to 10, with 10 being an all-out spiral, your hair's slight twist barely registers. There's movement, but it's more like little ripples than waves.

YOUR PLAN

Body, softness and separation are the stuff that perfectly imperfect tousled hair is made of, says Jenny Cho, a celebrity hairstylist for Suave Professionals. "With the right combination of products, you can get the most out of those beautiful bends." Choose a body-boosting, lightly hydrating shampoo and conditioner. "You don't want anything too heavy, but your hair should be soft and supple looking," Cho says. Try **Pantene Pro-V Full**



& Strong Body Building Shampoo (\$4, drugstores) and **John Frieda Beach Blonde Smooth Seas Detangling Conditioner** (\$10, drugstores). Comb conditioner through your hair with a wide-tooth comb and rinse. Gently blot excess moisture with a towel.

STYLING SECRET

"Mousse is a great way to add fullness and bring out any natural wave," Cho says. Use one that's formulated for wavy or curly hair, such as **L'Oréal Paris Advanced Hairstyle Curve It Elastic Curl Mousse** (\$5, drugstores), which will keep strands soft while coaxing out curves. Work it through wet hair from roots to tips.

HEAT-FREE HOW-TO

Tuck your hair behind your ears. Now, hands off! "The less you mess with this texture, the better it looks," Cho notes. Once dry, turn up the tousle factor with a sea salt spray. If it's too drying, mix equal parts beach spray and water in a separate spray bottle. Mist it on (the extra water keeps the look soft). Try **Suave Professionals Sea Mineral Infusion Texturizing Sea Salt Spray** (\$5, drugstores). If your hair is damaged, opt for a salt-and-oil spray. We love **Bumble and bumble Surf Infusion** (\$29, bumbleandbumble.com).



Your texture

Wavy

Not too straight, not too curly, rarely frizzy: This is the hair texture that everyone covets.

YOUR PLAN

The waves of the moment have fullness, bounce and just enough gritty definition to make them look beachy, not cheerleader-y, says Tommy Buckett, a celebrity hairstylist for Garnier Fructis. Lather up with a mild shampoo designed for wavy or normal hair. Skip anything for dry strands or curly hair. "These can weigh down your hair, and you won't get the movement you want," Buckett says. Try **Tresemme Perfectly (Un)Done Shampoo** (\$5, drugstores). Apply a

lightweight conditioner like **Garnier Fructis Full & Plush Conditioner** (\$4, drugstores) from the ears down, combing it through before you rinse. "Use a scrunching motion as you towel dry," Buckett says.

STYLING SECRET

Get bounce and separation from a new hybrid mousse like **R+Co Aircraft Pomade Mousse** (\$29, randco.com), which is a combo of foam and pomade. "It goes on like a traditional mousse but texturizes the hair," Buckett says. Use your hands to work it through from roots to tips, scrunching and twisting as you go.

HEAT-FREE HOW-TO

With your fingers, twirl sections of damp hair into ropelike coils. When it's almost dry, mist hair at the roots and midshaft with a sea salt spray and then scrunch. Try **Redken Fashion Waves 07 Sea Spray** (\$19, redken.com for salons). Smooth ends with a hair cream to add polish. We like **Ecru New York Acacia Protein BB Cream** (\$30, ecrunewyork.com).

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simple
SENSITIVE SKIN EXPERTS

**Your texture****Curly**

The curls may be soft or coarse, loose or tight.

YOUR PLAN

For springy but smooth spirals, you need to amp up hydration. "Curly hair is the driest hair type," says Tippi Shorter, the Aveda global artistic director, textured hair. "There are so many curls, the natural oils from the scalp don't make their way down to the ends," she explains. Start with a shampoo for curly hair. "This kind of product tends to have a high moisture content and contains ingredients that reduce frizzing," Shorter says. Choose one that also addresses your hair's other needs, such as heat or

chemical damage. Try **Pureology Curl Complete Shampoo** (\$27, pureology.com for salons) for color-treated coils. (Girls with fine curls can cleanse as often as every day, while those with thick, coarse tendrils should suds up every four to five days.) After you rinse clean, apply a rich conditioner. "Some buzzwords to look for on labels are *smoothing, hydrating, moisturizing and detangling*," Shorter says. A good one: **Carol's Daughter Mirabelle Plum Healthy Growth & Max Hydration Biotin Conditioner** (\$11, carolsdaughter.com). Once a week, give your hair a more intensive treatment: Apply a deep conditioner like **Kinky-Curly Stellar Strands**

(\$13, kinky-curly.com). Avoid your roots if you have fine, curly hair; spread the product from root to tips if you have thick, unruly ringlets. Shorter says. Slip on a shower cap and then wrap a hot hand towel (heat it in a microwave for 10 seconds) around the cap and let it sit for 10 minutes. "The heat helps the conditioning agents penetrate the hair shaft," Shorter says. When the time is up, uncover hair and detangle it with a paddle brush before rinsing. Loosely ring out hair with your hands and apply a leave-in conditioner such as **KMS California Curl Up Leave-In Conditioner** (\$19, ulta.com).

such as **Oribe Curl Gloss Hydration & Hold** (\$36, oribe.com). Apply a generous amount while your hair is still very wet. "The water helps the product distribute more evenly," Shorter says.

HEAT-FREE HOW-TO

Don't do anything else. Really. Scrunching and fluffing wet, curly hair will only disrupt the curl pattern, creating frizz, Shorter explains. "The goal is to get it dry and keep each curl smooth and free of frizz," she says. "You can always shake your hair out and make it as big as you want after it's dry." At that point, you can also boost shine and soften tendrils with a few drops of hair oil. Try **OGX Moisture + Vitamin B5 Weightless Oil Mist** (\$8, drugstores).

STYLING SECRET

If your goal is to smooth or elongate tight, springy spirals, go with a styling cream like **Alterna Bamboo Smooth Curls Anti-Frizz Curl-Defining Cream** (\$25, Sephora stores). To enhance a looser curl, opt for a gel



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Love It!

FITNESS beauty editors' fave finds this month.



Heather Muir
beauty director



Chelsea Burns
associate
beauty editor



Eclat Minute
Huile Confort
Lèvres
Instant Light
Lip Comfort
Oil



7
1
6



4



3



1. Redken Metal Fix 08
Metallic Liquid Pomade
(\$27, [redken.com](#) for salons) For a subtle ombré look without the commitment, smooth this shimmery gold gel through your hair from the middle of the shafts to the ends.

2. Burt's Bees Renewal
Intensive Firming Serum
(\$20, [burtssbees.com](#)) Line-smoothing white hibiscus and hydrating apple work together to help you turn back the clock the natural way.

3. Charlotte Tilbury
Beach Stick in Ibiza
(\$45, [charlottetilbury.com](#)) Score a sun-kissed look in seconds with this multitasking bronzer. Slick it on your lips and cheeks for a dewy, summery glow.

4. Pacifica Rose Gold
Brightening Primer
Serum (\$18, [target.com](#)) It feels supersilky without the pore-clogging silicone that's in most primers. A drop after your moisturizer will give your makeup extra staying power—no touch-ups needed.

5. Bella Vince Camuto
Eau de Parfum (\$78 for 3.4 ounces, Macy's stores) This fruity floral scent has sultry notes of white amber and caramelized wood plus a citrus kick that will make you feel sexy and strong.

6. Clarins Instant Light
Lip Comfort Oil in
Raspberry (\$23, [clarins.com](#)) Get a pop of color and treat your flakes too with this nonsticky oil that nourishes like a balm and boasts the shine of a gloss.

7. Hello Toothpaste in
Peach Mango Mint (\$5, [target.com](#)) Your date with your toothbrush just got way more fun. This fluoride paste has no chemicals or dyes, and the yummy flavor is like a tropical vacay in your mouth.

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Sunshine, maxis and the return of your fave outdoor workout make this the happiest time of the year. You're too busy living life to fuss with makeup. So we've served up three breezy looks with a sophisticated matte finish that will have you out the door in minutes, looking your prettiest yet.

BY HEATHER MUIR
PHOTOGRAPHS BY TOM CORBETT

AWAKENING





A KISS OF LAVENDER



The trick to pulling off a matte lip color is making your pout baby smooth. Slough flakes with a lip scrub (sugar and olive oil works), then slick on a balm. Wait a minute for it to absorb, and apply a pink-purple matte lip crayon. We're obsessed with **Topshop Beauty Matte Lip Bullet in Plastique** (\$10, us.topshop.com). Dab it on gradually to build color to the intensity you want. Erase any mistakes with a cotton swab, blot lips, and be on your way.



BLUE CRUSH

This isn't your mom's powder blue eye shadow. Choose a matte blue with a hint of purple for a modern update. A gorgeous one: **Yves Saint Laurent Couture Mono Eyeshadow in Zellige** (\$30, yslbeautyus.com). Swipe on a shadow primer first to prevent creasing, then brush on the shadow. Concentrate the color along your lash line and fade it up to your brows, creating an ombré effect that's sultry yet sweet. For an understated look, stop the shadow at your crease. Keep the rest of your face simple, and let your eyes do the talking.

CORAL CHIC

The easiest way to fake a healthy flush: Sweep a matte coral powder along your cheekbones. Try **Milani Rose Powder Blush in Coral Cove** (\$8, CVS stores), which dazzles on fair and dark skin tones alike. Smile to find the apples of your cheeks, then brush up to your temples (envision making a backward C). Swipe a matte bronzer in the hollows of your cheeks, below your blush, for a sculpted look.



MINTY FRESH

Mint polish is a pretty way to refresh your mani. File your tips into a soft oval (this will elongate them and make your hands look slimmer), then apply a base coat and two coats of pastel green. We love **China Glaze Nail Lacquer in Highlight of My Summer** (\$7, sallybeauty.com). Layer on a mattifying topcoat for a sophisticated twist. Try **Sally Hansen Big Matte Top Coat** (\$6, drugstores).



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TRIM IN 20

It's quick. It's cardio. It's complete toning, head to toe. The only thing this workout isn't: tough on joints. "High intensity doesn't have to mean high impact," says celeb trainer Brett Hoebel, who took this calorie-blasting routine from his new how-to book, *The 20-Minute Body*. Perform the exercises in pairs, aka supersets: Do the first two moves back to back, then rest a minute. Repeat the superset once more (breather included), then go on to the next pair. Get hold of a resistance band or tube—such as the **Spri 5-Foot Flat Band** or the **Xertube** (\$5 to \$7 and \$15 to \$19, respectively, spri.com)—then start the clock. →

By Mary Christ Anderson

express workout

SUPerset 1

Thruster

Targets shoulders, abs, butt, legs

- Stand with feet shoulder-width apart on center of band, holding a handle in each hand; bend elbows by sides, bringing hands in front of shoulders, palms facing forward.
- Squat, then quickly stand, pressing arms overhead. Lower arms to start position and repeat.
- Continue for 1 minute.



MAKE IT EASIER
Perform move without band, or do not press band overhead.

SUPerset 2

Single-Leg Dead Lift

Targets butt, hamstrings

- Stand with right foot on shortened band (crisscross band on floor and stand on intersection), holding a handle in each hand, arms by sides with palms facing each other; lift left leg behind you.
- Hinge forward from hips, lifting left leg, until body is parallel to floor.
- Squeeze glutes and hamstrings to return to start, straightening up as you lower left leg. Continue for 30 seconds. Switch sides and repeat.



MAKE IT EASIER
Perform move without band.

Spider-Man Push-Up

Targets shoulders, chest, abs, obliques, butt

- Start on floor in plank position, balancing on hands and toes, body forming a straight line.
- Bend elbows to lower torso toward floor as you bend left knee out to side.
- Press up and return to plank. Repeat, this time bending right knee out to side.
- Continue for 1 minute, alternating sides.



MAKE IT EASIER
Do modified push-up on knees.

SUPerset 3

Tripod Plank

Targets chest, abs, butt

- Start on floor in forearm plank position, balancing on forearms and toes, body forming a straight line.
- Lift left foot and hold plank for 30 seconds.
- Switch legs and hold plank for 30 seconds.

MAKE IT EASIER
Keep both feet on floor.



Cobra T

Targets shoulders, back, butt, hamstrings

- Lie facedown on floor with elbows bent by sides, palms on floor near shoulders.
- Squeeze thighs, lifting feet slightly off floor with toes pointed, and raise arms and chest.
- Draw shoulder blades down your back while forming a goalpost with bent arms (upper arms out to sides at shoulder level).
- Hold lifted position for 1 minute.



PRESS PLAY Watch the video of this routine at fitnessmagazine.com/trim. On the go? Get the iPad edition of FITNESS. Find out how at fitnessmagazine.com/digitalnow.

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Get Rolling

Tune up your bike routine with these simple tweaks to ride happy and turn your usual cruise into a serious workout.



Blazing Saddles

Don't let riding be a pain in the butt. Cushion your tush in a pair of padded bike shorts that suit your style.



◀ For Quick Rides

The friction-fighting **Bontrager Solstice women's shorty short** features a thin woman-specific chamois. (\$50, bontrager.com)

◀ For When Nature Calls

The **Specialized SL Pro Hookup Bib shorts** nix waistband pinch and have a magnetic closure on the back so you don't have to disrobe during pit stops. Genius. (\$180, specialized.com)

◀ For Going the Distance

The triple-layered padding in the **Pearl Izumi Ultrastar shorts** helps take the pressure off tender parts. (\$70, pearlizumi.com)

Be shifty.

Many bikers think of gears as set 'em and forget 'em, but you should shift them frequently, says competitive cyclist Christine D'Ercole, a head coach for Peloton Cycle in New York City. "Anytime it feels as if you're pedaling with no resistance, pick a harder gear to help you go further with each stroke. If an incline slows you down, change to an easier gear to spare your legs."

Make a clean brake.

Picking up too much speed downhill? Press both brake levers gently and evenly, D'Ercole advises. Because each brake slows down one wheel, tapping just one could make you less stable.

Just relax.

If you feel yourself hunching over the handlebars, shake out your arms—one at a time if you need to maintain balance—roll your neck, and wiggle your fingers to loosen up, D'Ercole says. At a stop, do a stretch by making your shoulder blades kiss and tilting your head back to release stress on your neck.

The Plan

Is your regular ride getting you nowhere? Women who added speed bursts as they biked burned 11 percent more fat and trimmed more flab from their legs than those who didn't change up their pace, a study at the University of New South Wales found. Rev your results with this fresh interval session from cycling instructor Christine D'Ercole—try it on the road or a stationary bike.

Time (min)	Activity
0:00 to 5:00	Warm up: Pedal quickly at around 90 revolutions per minute (rpm) in an easy gear.
5:00 to 7:00	Gradually pick up your pedaling pace, aka cadence (95 to 100 rpm).
7:00 to 9:00	Shift into a harder gear—that is, one that provides more resistance—and pedal at a quick, steady pace (90 rpm) for 90 seconds. Increase your cadence (95 to 100 rpm) for 30 seconds.
9:00 to 17:00	Repeat minutes 7:00 to 9:00 four times, gradually increasing resistance and then speed.
17:00 to 18:00	Shift into an easier gear and pedal fast (100 to 105 rpm).
18:00 to 21:00	Simulate a hill (or pedal up one): Shift into a harder gear that makes each stroke feel challenging, and pedal more slowly (85 rpm).
21:00 to 21:30	Maintaining the harder gear, stand as you pedal if possible, trying to keep your cadence steady.
21:30 to 23:00	Sit, shift into an easier gear and pedal fast (95 to 100 rpm).
23:00 to 28:00	Repeat minutes 18:00 to 23:00, climbing the virtual hill and then shifting into an easier gear and pedaling fast on the downhill.
28:00 to 30:00	Cool down: Stay in an easy gear and pedal fast (95 to 100 rpm).



HIT THE GYM WITH THIS WORKOUT Download the **Motion Traxx app** (Android and iOS) to hear an audio version of this plan designed for a spinning or stationary bike, complete with beat-matched tunes. New users get five free workouts when they register!

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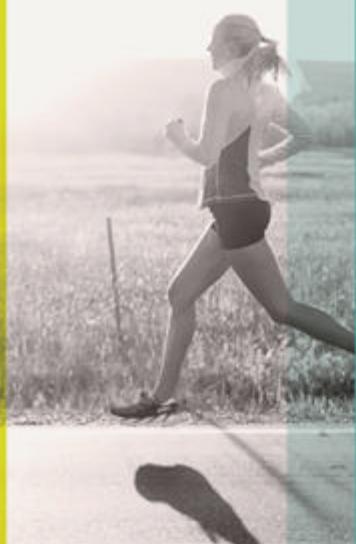
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HOKAONEONE.COM



THIS IS NOT A SH
AND BACK. TO RACE AROUND THE CORNER ON
TO GO WITH THE FRIENDS WHO DEMAND AS
THERE ISN'T ANYBODY WHO CAN TAKE IT AWAY
6.6 OUNCES OF SMOOTH RUNNING THAT INV
GET FASTER FOR TOMORROW. LET'S GO.



OE. THIS IS AN INVITATION. TO RACE TO THE CORNER.
THE TRACK. TO GO FAST. TO GO SLOW. TO GO IT ALONE.
MUCH OUT OF EACH STRIDE AS YOU DO. TO GO BECAUSE
FROM YOU WHEN YOU'RE DONE. TO GO WITH THE CLIFTON.
TAKES YOU TO GO FURTHER THAN YOU DID YESTERDAY. TO



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A woman with blonde hair in a ponytail, wearing a red sports bra, blue leggings with a colorful geometric pattern, and red running shoes, is jogging on a sandy beach. She is wearing blue headphones around her neck and a blue fitness tracker on her left wrist. The background shows the ocean and a clear sky.

You pound the pavement. You hit the treadmill or the trail. Whether your running routine is a way to stay in shape or to test the limits of your personal best, this exclusive 13-page guide will help you get more out of every single stride.

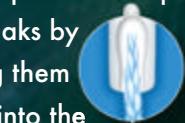
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PHOTOGRAPH BY JEFF OLSON

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OVER PERIODS

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KICK STARTERS

Love 'em and lace 'em: introducing the coolest new sneakers for runners—plus bikers, hikers and gym devotees alike. We asked 152 women to sweat-test more than 100 of the latest styles. Here, the winners to help you crush your next workout.

By Lindsey Emery

To see 18 more winners like these minimalist **Brooks PureConnect 4** runners (\$100, brooksrunning.com), which testers described as "light and responsive" with "excellent cushioning," just flip the page.

RUNNING SNEAKERS



BEST LIGHTWEIGHT SNEAKER

The "springy" **Brooks Launch 2** gives runners with a neutral foot strike "the perfect balance of support and cushioning," and its "snug" no-sew construction "makes it seem as if you could keep running for miles and miles and miles and . . ." testers said. Drop: 10 millimeters. (\$100, brooksrunning.com)

BEST CUSHIONED SNEAKER

A seamless, breathable knit upper on the "very flexible" **Adidas Ultra Boost** ensures a "slipperlike fit," while its "arch cradling" fluffed-up foam midsole provides "good energy return," so you feel "light, secure and fast on your feet." Drop: 10 millimeters. (\$180, adidas.com)



BEST MAX CUSHIONED SNEAKER

For plump, "pillowy" cushioning that will "still promote great, natural running form," put on the "surprisingly light" **Asics 33-M**. Its seamless upper and "very responsive" foam midsole are both "great for really long runs." Drop: 4 millimeters. (\$140, asicsamerica.com)



BEST LIGHT STABILITY SHOE

The bright, "not bulky" **New Balance 1500** offers the overpronator (your feet turn inward as you strike) "just the right amount of stability" in its "lightweight" foam midsole for a "well supported," properly landed stride. Drop: 6 millimeters. (\$110, newbalance.com)



"How do you decide the amount of cushioning you need if two sneakers have the same drop?"

Many running shoes share the same drop, aka heel-to-toe height differential (the buzz is that the smaller the drop, the easier it is to make a joint-friendly midfoot strike) but styles can still vary widely in how much cushioning they place underfoot. The major benefit of a more cushioned shoe: "the protection it affords your joints, which makes the recovery time better," says ultramarathoner Luke Rowe, a senior vice president for Fleet Feet Sports. Rowe suggests going for cushion if you run on pavement or do lots of downhills. "On the other hand, if your ultimate goal is performance, less is probably more."



BEST STABILITY SHOE

For more serious overpronators, such as those with flat feet, the "supercomfortable" **Saucony Iso-Series Hurricane** gives you "the support and alignment you need," "good shock absorption" and "just enough cushioning without feeling heavy." Drop: 8 millimeters. (\$150, saucony.com)

TRAIL AND TRI SHOES



BEST LIGHTWEIGHT TRAIL RUNNER

With "just-right cushioning," a zero-drop design (no heel-to-toe height differential) that encourages a more natural foot strike, and a "nice and wide" foot-shaped toe box, the "supercomfortable" **Altra Lone Peak 2.0** "makes you feel light, mobile and protected" on the trails. (\$120, altrarunning.com)



BEST TRIATHLON SHOE

Ease your bike-to-run transition with the "great cushioning" and "superb support" of the **Asics Gel-Noosa Tri 10** shoes; they "fit pretty perfectly," thanks to seamless mesh uppers (for sockless wear) and heel and tongue grips, which help you slip them on and off quickly. (\$140, asicsamerica.com)

BEST STABILITY TRAIL RUNNER

"You could wear these forever," a tester said. The "light as a feather" **New Balance Leadville 1210v2** has a mesh upper, a "supportive but not ridged" midsole, "pillowlike" cushioning and a rugged outsole that "grips the trails well," so it seems "as if you're never going to lose your footing." (\$125, newbalance.com)



BEST SUPERCUSHIONED TRAIL RUNNER

Experience "running on clouds" in the **Hoka One One Challenger ATR**, which "looks a little clunky but is actually lightweight and easy to run in." You get "excellent traction" while the plump midsole pleasantly "prevents you from feeling rocks under your feet." (\$130, hokaoneone.com)



HIKERS AND BIKEERS

BEST DAY HIKER

With a trail running-inspired design, the **Columbia Ventralia** is "lightweight," "extremely flexible" and "breathable," making it "more like a sneaker than a hiking shoe." It also has a rugged outsole that "grips trails and slippery rocks nicely" and offers "excellent shock absorption." (\$90, columbia.com)

BEST MOUNTAIN BIKE SHOE

The "really helpful" Boa dial lacing system of the **Specialized Women's Motodiva** makes it easy to find a "comfortable, nonslip" fit, so you can "stay in sync with your bike." Bonus: The outsoles are "stiff and grippy enough to feel stable walking around on wet rocks or roots" when you hop off your bike, too. (\$160, specialized.com)

BEST HIKING BOOTS

"Light yet substantial," the waterproof nubuck **Keen Durand Mid WP** features a "very sturdy sole," "good toe protection" and "lots of cushioning" for a "bouncy feel" out on the trails; it's a shoe that "you could walk in for days." (\$180, keenfootwear.com)

"How built-up should my hikers be?"

In general, the longer the hike or the heavier the backpack, the heavier and more stable your boots should be, says Denise Friend, a footwear product manager for REI. "For a one- to four-hour trek on groomed trails, a low-cut hiking shoe will do," Friend says. (The **Columbia Ventralia**, above left, fits the bill.) "If you're going longer or taking on rocky terrain, choose a midcut boot with deeper lugs." (Check out the **Keen Durand Mid WP**, above.) Doing a multiday hike? Friend suggests using waterproof midcut to high-cut hiking boots.

BEST ROAD CYCLING OR SPINNING SHOE

"Sleek and aerodynamic, without compromising on comfort," the **Bontrager Women's RL Road** touts a "stiff yet lightweight" carbon-and-fiberglass outsole that "gives you maximum power transfer" from leg to pedal and a "very breathable" partial-mesh upper—great for hot days or Spinning class. (\$180, bontrager.com)

BEST WALKING SHOE

The featherweight **Skechers GOwalk 3** slip-ons have insoles that "support your arch," "provide the ideal amount of padding" underfoot and "fit like a glove." Multidirectional treads on the outsoles also supply a "no-slip grip" when you're running errands around town. (\$67, skechers.com)

CROSS-TRAINERS

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BEST SNEAKERS
AWARD WINNERS

BEST CARDIO MACHINE SNEAKER

The "nice and cushy" **361° Impulse** "provides the right amount of support" for all your gym action—"running and walking on the treadmill, lifting weights or taking classes"—plus its outsole has "great traction." (\$85, 361usa.com)



BEST BOOT CAMP SHOE

Testers loved the special side strip of the "supercomfortable" **Reebok CrossFit Nano 4.0**, which is meant to protect against rope burns—"makes climbs much better!"—as well as the shoe's "wide, stable base for lifting movements" and reinforced toe that "makes push-ups and burpees feel right." (\$120, reebok.com)

BEST CIRCUIT TRAINING SHOE

The signature "stretchy" knit upper on the "lightweight, flexible" **Nike Flyknit Zoom Agility** "feels perfect" and "snug" against your foot, and its nonslip outsole gives great support "for kicks, lateral movements and jumping." (\$150, nike.com)

"I wear my gym sneakers around town too. Is that OK, or does walking on asphalt grind down the tread?"

It depends on your shoes, says Judson Vancor, the director of global training footwear for Reebok. "If you plan on being outdoors as well as indoors in your sneakers," Vancor says, "pick a pair with either a full carbon rubber outsole—it's denser, heavier and more durable than blown rubber—or one with carbon rubber in high-abrasion areas such as under the forefoot and heel." A shoe like the Reebok Crossfit Nano 4.0, above, is ideal.



BEST PACKABLE CROSS-TRAINERS

With a notably flexible outsole that "makes it easy to move from side to side," a "comfy, well-ventilated" upper, and built-in "bounce for jumping," the **Adidas AdiPure 360.2** is "the perfect workout-to-playtime shoe." (\$90, adidas.com)



fit & fast special

HOW TO BE A BETTER RUNNER

Strengthen your stride with these take-it-to-the-next-level techniques and training plans, cool motivational tricks, and fun social media feeds full of insider tips.

By Molly Ritterbeck

FOUR DRILLS FOR BIONIC LEGS

Mix these simple running workouts with your regular loops to transform your fitness level "without the monotony and fatigue of longer, steady sessions," says Josh Maio, the head coach for Gotham City Runners in New York City, who designed them exclusively for FITNESS. Get ready to start your engines.

BOOST YOUR SPEED: FARTLEK RUN

Fartlek, which means "speed play" in Swedish, is a training method that builds your aerobic power as you push your pace occasionally (think 90 percent effort), then drop back to a conversational clip.

TRY IT

On your next run, warm up at an easy pace for 10 minutes. Go hard for 10 one-minute bursts, alternating with 60- to 90-second slow-jog recoveries—or however long it takes to catch your breath. Cool down at an easy pace for 10 minutes.

BOOST YOUR STRENGTH: HILL REPEATS

These runs—done up and down a hill, as the name suggests—really work your butt and legs like gangbusters. This plan requires only a single good hill with a gradual grade—something that's about an eighth to a quarter mile long and takes 30 to 100 seconds to jog up.

TRY IT

Warm-up Jog slowly on level ground for 5 minutes.

Dynamic stretches Do 30 seconds each of skips, high knees, butt kicks and cariocas (Cross right foot over left, then step left foot out to left. Cross right foot behind left, then step left foot out to left. Repeat sequence, then reverse directions.).

Hill circuits As you approach the hill, start at an easy pace and progressively increase your speed to a moderately fast clip (your 5K race pace, if you know it) as you climb. At the top of the hill, do 10 to 15 push-ups or hold a plank position (balancing on hands and toes) for 30 seconds. Jog slowly down the hill. Do 7 to 11 circuits.

Cool-down Jog slowly on level ground for 5 minutes.

BOOST YOUR PUSH-OFF POWER: INTERVALS

Unlike fartleks, interval runs are designed with specific sprint-jog timing to maintain a certain level of intensity, which trains your heart, muscles and mind to break out of your comfort zone, Maio says.

TRY IT

Warm-up Jog at an easy pace for 5 to 10 minutes.

Dynamic stretches Do 30 seconds each of skips, high knees, butt kicks and cariocas (see Hill Repeats).

Intervals Run fast (at your goal race pace or at 80 to 85 percent of your max effort) for 2 minutes, then recover for 3 minutes by jogging as slowly as you need to. Repeat this sequence 3 times. Next, increase your speed (about 15 to 30 seconds faster than your fast run above) for 3 minutes. Recover with a slow jog for 2 minutes. Repeat this sequence 3 times.

Cool-down Jog at a steady pace for 5 minutes.

BOOST YOUR ENDURANCE: TEMPO PROGRESSION RUN

In a tempo workout, you sustain a comfortably hard pace for stretches of five minutes or more; they're longer pushes than in an interval workout but done at a slightly lower intensity. In the tempo session below, you'll be doing a negative split: running the second half of the run at a faster pace than you do the first.

TRY IT

Warm-up Jog at an easy pace for 5 minutes.

50-50 run Whether you're measuring by minutes or miles, start the first half of your run at a conversational pace (about 70 percent of your maximum effort, or 15 to 20 seconds slower per mile than your goal pace). Once you hit the halfway mark, progressively speed up with each mile or 10-minute segment so you end the run going at a speed that's 15 to 30 seconds faster than the goal pace you set.

Cool-down Jog at a steady pace for 5 minutes.

THINK QUICK

Kick butt on your next run with these eye-of-the-tiger mental tips from Traci Statler, Ph.D., a professor of sport psychology at California State University, Fullerton, who helps give the USA Track & Field team its winning attitude.

HAVE A NO-SWEAT MIND-SET

Elite athletes visualize getting over any speed bumps before they even hit the starting line. Flip your dread for those hills ahead by envisioning yourself powering up them with ease, Statler says.

DIVIDE AND CONQUER

Studies show that the average runner goes longer and stronger when distracted from the effort. "Focus on something repetitive, like counting the number of people you pass. Or dedicate each mile or marker to a pal or a loved one," Statler says.

MAKE IT A RACE DAY

Just the mere presence of other people or spectators can make you push harder—that's the social facilitation theory—but Statler suggests you can conjure those vibes even when you run solo. "Pick or even imagine another runner ahead of you and race to pass them," she says. "If you feel yourself flagging at the end, picture yourself holding the baton and bringing home the anchor leg as crowds cheer."

What's Your Strong?

We know you're a badass (because you read FITNESS, natch), but do you know your own strength—beyond what you can bench-press? Go to fitnessmagazine.com/strong to take our quiz and find out if you're mentally tough, physically formidable, socially savvy and more!



SCORE MORE RUN-TINES TO GO! Download the Motion Traxx app (Android and iOS) to get audio coaching of running workouts from top pros over beat-matched tunes. New users receive five free workouts when they register.

WHAT'S YOUR STRONG?

There's no one-size-fits-all when it comes to working out, so Saucony is here with a quiz that will help you zero in on your ideal type of exercise. Whether it's group fitness or long distance running, we'll make sure that you're laced up for success so that you can **FIND YOUR STRONG** no matter how you choose to sweat.

FIND OUT IF YOU ARE...



EMOTIONAL

Bad day at the office?
Exercise is your stress release.



MENTAL

You push through no matter
how hard the challenge.



PHYSICAL

Working out isn't just a hobby, it's a way of life.



SOCIAL

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PLUG IN, GET PUMPED

Stay on the pulse of all the running action from your social media feed.

GO-TO APP: STRAVA

Follow some of your favorite pros—we heart Olympic middle-distance star @KaraGoucher—and running pals by downloading the free **Strava app** (Android and iOS). It allows you to see their training runs, local routes and mileage stats.

BEST BLOGGER: MILE-POSTS.COM

Everyday runner and regular marathoner Dorothy Beal inspires readers with honest posts about real-life running, goal setting and body image, and supplies some healthy recipes to boot.

TOP TWEETS: @RUNGIARUN

Running coach and #mamalete Gia Alvarez's feed is chock-full of in-the-know running news, motivational tips and family-friendly info.

FAST, BEAUTIFUL PHOTOS: @EMMAJCOBURN

As a professional middle-distance runner, Emma Coburn's posts offer a nice balance of inspirational quotes, move-you running pics and just enough of her personal life to make you want to be besties with her.

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Cross-training can take you from turtle to turbo. Read on to do it right.

By Molly Ritterbeck

BUILT FOR SPEED

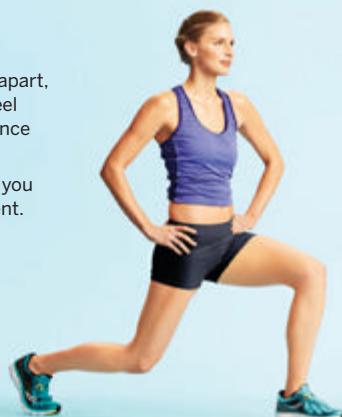
This strength circuit hits the sweet spot where your body gets the extra juice it needs to run faster without postworkout soreness slowing you down. "In many of these moves, you work one side of your body, then the other, to help even out muscle imbalances that hold a lot of runners back," says triathlon coach George Vafiades, a cofounder of As One Fitness in New York City. Do his 20-minute circuit twice (using 8- to 10-pound dumbbells) two or three times a week to really kick it on your loop.

SPLIT SQUAT

Targets butt, legs

- Stand with feet staggered far apart, left in front of right with right heel raised, and hands on hips; balance body weight mainly on left foot.
- Bend left knee 90 degrees as you lower into a lunge, right knee bent.
- Return to start position.
- Do 10 to 15 reps; switch sides and repeat.

MAKE IT HARDER For the second round, hold dumbbells in each hand, arms by sides, as you do reps.



SINGLE-LEG TOUCHDOWN

Targets butt, hamstrings

- Stand with feet hip-width apart, arms by sides; lift right foot a few inches behind you.
- Hinge forward from hips 90 degrees as you lift extended right leg behind you until body is parallel to floor, then reach fingertips to touch floor without rounding your back.
- Return to start position. Do 10 to 15 reps; switch sides and repeat.



ROWER SIT-UP

Targets shoulders, abs

- Lie faceup on floor with arms stretched behind head.
- Engage abs and sit up, bending knees in toward chest as you sweep arms out and around legs.
- Lower back to start position without fully touching arms and legs to floor.
- Do 10 to 15 reps.



ROCKING PLANK

Targets shoulders, abs, obliques

- Start on floor in forearm plank position, body balancing on forearms and toes.
- Keeping shoulders steady, rotate left hip toward floor, tapping it down if possible.
- Return to start position, then repeat with right hip to complete 1 rep.
- Do 10 to 15 reps.



GET THIS VIDEO ON YOUR IPAD

Watch this workout with the FITNESS iPad edition wherever you are. Go to fitnessmagazine.com/digitalnow for details.

PISTOL SQUAT

Targets butt, quads

- Stand with feet hip-width apart, arms extended forward in front of chest; lift right foot a few inches off floor, foot flexed.
- Lower into a single-leg squat, bending left knee 90 degrees. Return to start position.
- Do 10 to 15 reps; switch legs and repeat.

MAKE IT HARDER Lift right leg higher as you squat.



SIDE LUNGE

Targets butt, legs

- Stand with feet hip-width apart, elbows bent, fists in front of chest.
- Step left leg out wide to side, toes pointing forward, then bend left knee 90 degrees. (Right leg is straight.)
- Return to start, then lunge to right.
- Do 10 to 15 reps, alternating sides.

MAKE IT HARDER On the second round, hold dumbbells in each hand to do biceps curls: Curl as you lunge to side; lower weights as you stand.



ROW-DEAD LIFT COMBO

Targets biceps, back, butt, hamstrings

- Stand with feet hip-width apart, holding a dumbbell in each hand in front of thighs, palms facing each other.
- Hinge forward from hips until back is parallel to floor, arms hanging down. Drive elbows behind you, bringing hands by ribs.
- Lower dumbbells, then return to start position to complete 1 rep.
- Do 10 to 15 reps.



FROGGER PUSH-UP

Targets shoulders, chest, arms, abs, legs

- Start on floor in full plank position, balancing on hands and toes.
- Perform a push-up, bending elbows to lower chest toward floor, then pressing up.
- Jump both feet forward beside hands, then jump back to start position.
- Do 10 to 15 reps.

MAKE IT EASIER Skip the push-up. Or instead of jumping feet forward, step left foot forward and then right; step back to start position.



SOOTHE MOVES / FOUR ESSENTIAL STRETCHES FOR RUNNERS

As the onetime resident yoga instructor at Nike headquarters, alignment pro Tiffany Cruikshank perfected this series while working with all the stiff runners who came looking to loosen up. "Just a few key stretches will target the areas that tighten up the most after a run—hips, hamstrings, IT [iliotibial] bands and calves," Cruikshank says. Try these postrun—"while the tissues are still warm"—to keep the boing in your stride.



Low Lunge Stretch

Stretches hip flexors

- Kneel on mat, then step left foot forward, knee bent 90 degrees; place hands on mat on either side of left foot.
- Gently press pelvis toward mat. (To deepen stretch, lift right hand off mat and reach arm slightly toward the left at shoulder level.)
- Hold for 60 seconds. Switch sides and repeat.



Broken-Toe Pose

Stretches calves, feet

- Start on mat on all fours with toes curled under.
- Slowly bring hips backward and rest them on heels.
- Walk hands back toward knees and sit upright, resting hands on thighs. (Beginners can keep palms planted on mat to distribute weight to hands.)
- Hold position for 30 to 60 seconds.



Figure 4

Stretches hips, IT bands

- Lie faceup on mat with knees bent and feet flat.
- Rest left ankle on right thigh just above knee.
- Maintaining figure-4 leg position, lower bent right leg out to side to rest on floor; left foot rests on floor with left knee pointing toward ceiling.
- Hold stretch for 1 to 2 minutes. Switch sides and repeat.



Hamstring Stretch

Stretches hamstrings, calves

- Holding ends of a rolled-up towel in each hand, lie faceup on mat with knees bent and feet flat.
- Lift right foot and loop center of towel under its arch like a stirrup, then extend right leg directly toward ceiling. Flex right foot and gently pull ends of towel.
- Hold for 60 seconds. Switch sides and repeat.

PRESS YOUR POWER BUTTON Watch this video at fitnessmagazine.com/runnerworkout.

There's a science to choosing the perfect energy supply to help you fly through your miles. We tapped some top pros to make it simple.

By Molly Ritterbeck

EAT AND RUN

THE DAY BEFORE A LONG RUN OR RACE

Drink up To hit your ideal hydration level, use this rule of thumb from Mitzi Dulan, R.D., a sports nutritionist in Kansas City, Missouri: Divide your weight in pounds by two to determine the number of ounces of water you should drink daily. (For a 140-pound woman, that's 70 ounces, or roughly nine cups.) Going longer than 10K the next day? Take in extra electrolytes. "You lose electrolytes—minerals like sodium, potassium and magnesium—as you sweat, so it's good to start with a full tank," Dulan explains. Try the new no-cal Propel Electrolyte Water.

Eat up Generally speaking, the longer the run, the more carbs you need. For races that last 90 minutes or longer, "increase your daily carbohydrate intake to 60 to 70 percent of your total calories beginning three days before your run," Dulan advises. "And spread it out through the day." Translation: Don't simply down a giant plate of pasta the night before. Also, avoid foods high in fat or fiber to keep your belly happy, says Matt Pahnke, Ph.D., an endurance expert at the Gatorade Sports Science Institute. "These foods can slow digestion, which can lead to gastrointestinal distress as you run," he says.



RACE DAY

Wake-up Drink eight to 16 ounces of liquid. This should be water or a sports drink, such as BodyArmor SuperDrink, or a combination of both. You can also have coffee, as caffeine may improve performance for some, Dulan says.



One to two hours before or at starting line Have a light, 180- to 300-calorie meal with a three to one ratio of carbs to protein, such as a smoothie with frozen fruit, milk and protein powder; one cup of nonfat Greek yogurt with eight strawberries; or two slices of toast with peanut butter.

15 minutes before or at starting line Drink another eight to 16 ounces of liquid. For runs of less than 60 minutes, stick with water. If you're going long, "definitely use a sports drink, because its carbohydrates will help delay fatigue and give you energy," Dulan says.

First hour Whenever possible, aim to drink four to six ounces of water every 15 to 20 minutes.

Second hour and after Continue sipping every 15 to 20 minutes, but to provide muscles with the fuel they need to perform optimally, make sure you're drinking a liquid with carbs and electrolytes, like a sports drink, or try a combination of portable energy gels or chews and H₂O. Aim to consume 30 to 60 grams of carbohydrates per hour during efforts that last longer than an hour, Pahnke says. **Gatorade Endurance Carb Energy Chews** (31 grams of carbs per packet) or **Clif Organic Energy Food** resealable pouches (17 to 23 grams of carbs per packet) are excellent options.



Finish line As soon as possible after finishing, have a snack or a drink that contains about 20 grams of protein and is high in carbs. "To jump-start recovery, it's best to take in something right away to help rehydrate muscles and stimulate muscle repair and rebuilding," Pahnke says. Some good bets include a protein recovery drink, a yogurt smoothie made with fruit, or 20 ounces of nonfat chocolate milk.

Rest of the day To rehydrate, drink water as usual and try the pee test: "Your urine should be light yellow, like the color of lemonade," Dulan says. If it's darker—the color of apple juice, say—keep sipping. If you're a heavy or salty sweater, replenish lost sodium with a handful of salty food, like pretzels or salted nuts, or an electrolyte drink.

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THE RIGHT STUFF

Suit up for speed with this easy cheat sheet for acing your layers and picking the best tech pieces.

By Molly Ritterbeck

DRESSED TO KILL IT

Get your run on, no matter what unpredictable weather spring brings you. Gear guru Leigh-Anne Zavalick, the global business manager for Saucony Apparel, gives you the key layers for climate control.



MISSION Stay Cool

Beat heat and soaking sweat with a moisture-wicking tank or tee. "Look for styles that are made with polyester, nylon or wool, which are all good at drawing sweat away from the body," Zavalick says.

MISSION Keep Warm

Aim to dress as if it's 20 degrees higher than the current outdoor temperature, Zavalick says, "or else you'll probably feel too hot once you get going." For chilly temps, first add length—a long-sleeve tee versus a tank—then put on a thermal layer as it gets colder.

Mountain Hardwear Ghost Lite jacket (\$100, mountain hardwear.com)

Patagonia Winter Storm Racer jacket (\$279, patagonia.com)

Compression Lesson

You've seen runners in this second-skin spandex—tops, tights and arm and calf sleeves—that is made to support muscles with its extra-strength snugness; some studies have shown such compression gear may boost athletic performance. "It may make your legs feel lighter or make you feel faster," says Jordan D. Metzl, M.D., a sports medicine expert and the author of *Dr. Jordan Metzl's Running Strong*. Postworkout, he says, "wearing something compressive the day after a long run or race can help reduce swelling." To road test a pair yourself, try **CW-X ¾-Length StabilyX tights** (\$90, cw-x.com).

TIME FLIES

Clock your heart rate (HR), distance, speed and more with any one of these tricked-out running watches—there's a fit for technophobes and techno pros alike.



HR

Mio Fuse (\$149, mioglobal.com) A built-in heart rate sensor keeps tabs on your intensity and calorie burn. Link the Fuse to your smartphone for GPS access.

GPS

Polar M400 (\$200, polar.com) This 24/7 activity tracker with GPS syncs to running apps via Bluetooth. (To see HR, you'll need a chest-strap monitor.)

HR + GPS + Text

Fitbit Surge (\$250, fitbit.com) An activity tracker and smartwatch in one, this device has a swipe screen that displays phone and text alerts.

HR + GPS + Email + Music

Timex Ironman One GPS+ (\$450, timex.com) This smartwatch has two-way emailing, plus it holds as many as 1,000 MP3s of your favorite songs.

HR + GPS + Text + Cadence + Ground Contact

Garmin Fenix 3 (\$550, garmin.com) The Cadillac of sporty smartwatches: Get texts and advanced features you could only dream of.



Catastrophizer



Hothead

Don't Be a Stress Mess

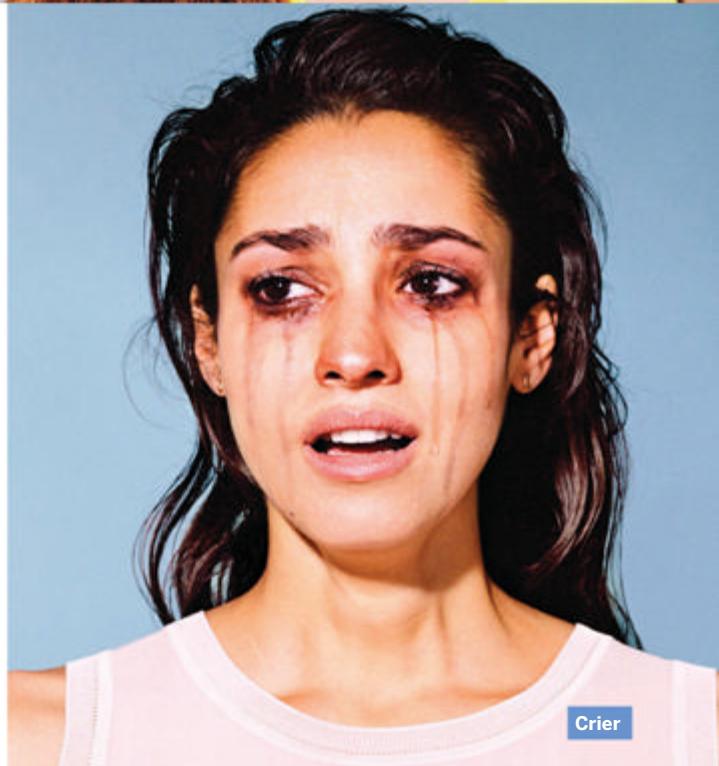
Do you yell or cry when you're under pressure—or freak out silently? Learn why you react the way you do and how to cope.

By Paige Fowler

Physically, we all react the same way to stress: Our heart races, breath quickens, muscles tense and palms sweat. But emotionally? That's a whole other story. Your M.O.—whether it's to panic, shed tears or lash out—is something scientists call reactivity.

"Your level of reactivity is a complex combination of your environment—for example, how you were raised—and your genes," says Daniel Mroczek, Ph.D., a professor of psychology at Northwestern University in Evanston, Illinois. Your life experiences, parents and personality all shape how you respond to stressors. Reactivity is mostly determined from an early age, but it isn't set in stone.

"You always have a choice to change how you react to a stressor," explains Eva Selhub, M.D., a clinical associate at the Benson-Henry Institute for Mind Body Medicine at the Massachusetts General Hospital in Boston.



Crier

People who are truly cool as cucumbers even under stress do exist, but the rest of us tend to fall largely into one of five categories. See which one sounds the most familiar and follow the personalized tips to relax already.

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healthy how-to

The Catastrophizer

You find out that your company is being sold. You're certain you'll lose your job and default on your mortgage. Before you know it, you've spiraled into a dark hole of worry, anxiety, negativity and fear. "Regardless of whether stressors are a true threat or not, you perceive everything as a disaster," Mroczek says. Overall, you're extremely sensitive and feel emotions—both good and bad—more strongly than other people do. "It's like having an emotional sunburn," adds Jared Minkel, Ph.D., a psychologist at Duke University Medical Center in Durham, North Carolina. "You always feel it, but it hurts a lot more when you press on it."

Your stress Rx Start your day with mindfulness meditation, in which you focus on what you're thinking and feeling and nothing else. After just three days of brief sessions, participants who learned the technique perceived a tense situation as less stressful than nonmeditators did, according to a study from Carnegie Mellon University in Pittsburgh. Many reported that the habit helped them see how they were reacting, which enabled them to concentrate on the task at hand, instead of getting caught up in their emotions about it. To do it, try an online-and-app program like Headspace (\$8 per month, headspace.com),

Know Your Stress Type

If you're not sure how you usually respond when things go wrong, keep a one- to two-week log of every time you feel stressed. Write down the trigger and then answer these questions: What thoughts did I have? How did I feel physically? How did I feel emotionally? How did I behave? Focus on the reaction that's strongest or bothers you most. If ID'ing your type still seems murky, ask your best friend which description in this story fits you best.

podcasts from the UCLA Mindful Awareness Research Center (free, marc.ucla.edu) or simply sit quietly and pay attention to your breathing and your physical sensations. Work up to at least 10 minutes a day.

The Deer in the Headlights

There's the fight-or-flight response most people experience when stressed. Then there's what *you* do: freeze or shut down whenever you feel overwhelmed at work or have a fight with a friend. That's a handy survival mechanism if you're a lizard trying to blend into your environment to evade predators. But it's not so helpful for humans. "While freezing can be a sign of panic, people who shut down under stress might have an inadequate stress response," Dr. Selhub says. "Your adrenaline never gets going, so you stop and nothing gets done." Perhaps you experienced physical or psychological trauma early in life and learned to cope by going numb, but that's unhealthy. Avoiding, rather than facing, stressful situations is associated with even greater stress as well as an increased incidence of insomnia, a study in *Sleep* found.

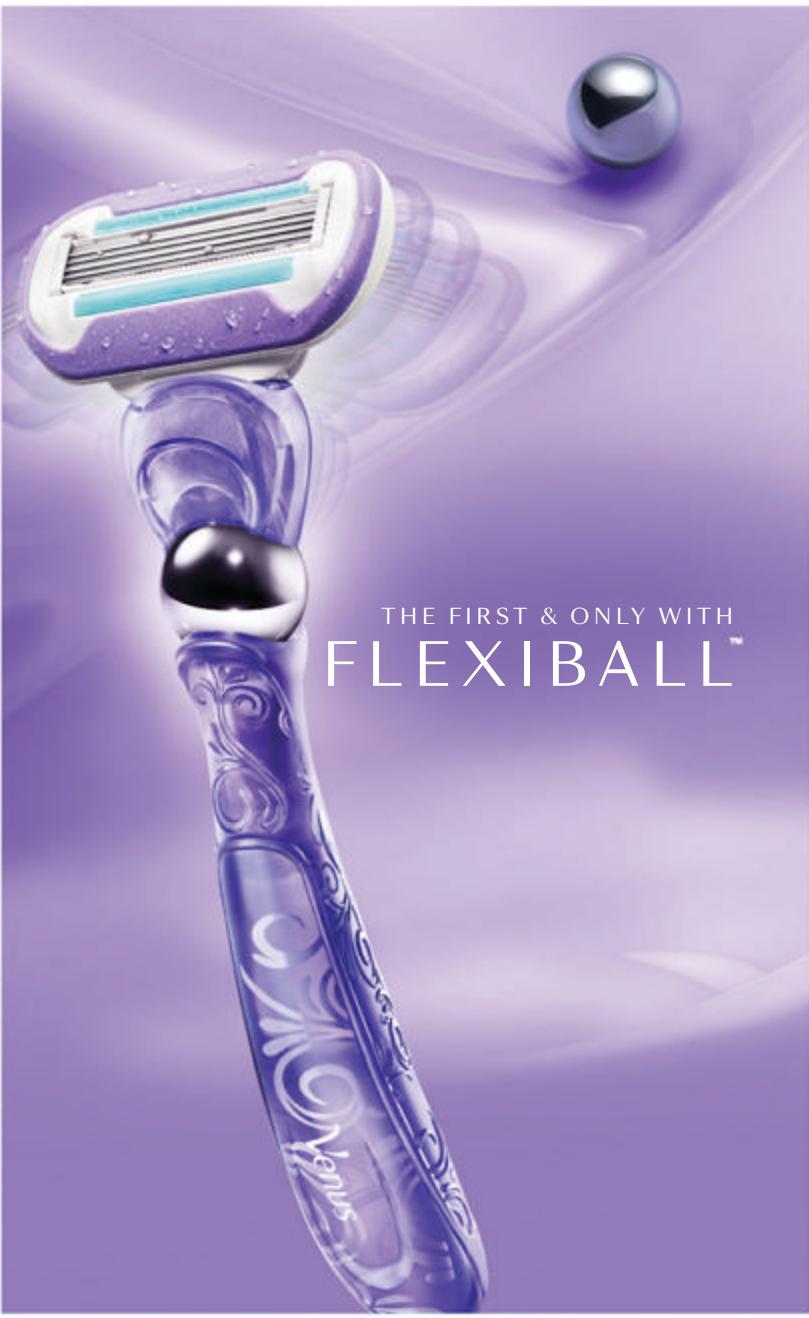
Your stress Rx Unroll your sticky mat. While the relaxing benefits of yoga can't hurt, there's another reason to get your down dog on regularly. Doing so relieves fatigue and boosts self-esteem. "Low self-esteem can make you feel powerless, and the fear that taking action will result in failure often leads to no action at all," Dr. Selhub says. But boosting your confidence shifts your perspective so that stressful experiences become challenges not threats. To do this on the fly, "think of a time when you felt successful, invincible or magnificent and then imagine yourself in that experience again," Dr. Selhub

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Deer in the Headlights

Imploder

instructs. Conjuring up those sensations reminds you that you're capable of feeling that way regardless of the circumstances and empowers you to take action.

The Imploder

On the surface, you appear calm and collected. But inside, you're totally freaking out. You can't sleep. You can't eat. You're sick all the time. And no one knows. "Imploders may experience a lot of physical problems because they don't express any of their feelings," Dr. Selhub says. "When you aren't dealing, your stress response keeps firing without any outlet. As a result, stress hormones flood your body, and your digestive system can shut down, your immune system can stall and inflammation can become rampant. Eventually, if you are susceptible, your risk of developing depression, heart disease or cancer can increase."

Your stress Rx Schedule a date with your closest friends stat. You may have grown up in a family in which no one talked about personal or difficult issues, but that's exactly what you need to do. When you feel supported, you're able to let down your guard

and share what you're going through, Dr. Selhub says. This sense of trust causes your brain to release feel-good hormones like dopamine and serotonin, which help regulate your stress response. Research shows that feeling connected to other people lowers your blood pressure and heart rate when you're in tense situations and can even help you live longer.

The Crier

A last-minute meeting that interferes with your jam-packed schedule equals tears. A minor disagreement with your partner equals tears. If stress usually sets off waterworks and feelings of sadness, you may be headed toward the big D. A recent study from Cold Spring Harbor Laboratory in New York suggests that in about 20 percent of people, repeated stress may activate a group of neurons in the front of the brain that are strongly linked to depression. "Your emotional reactivity has a lot to do with how you perceive stressful experiences," Minkel says. "If you feel as if an event is ruining your life and it's never going to get better, then you're more likely to feel depressed." Chronic stress and depression can be

a deadly combo. They increase your risk of stroke by 59 and 86 percent, respectively, according to an American Heart Association study, and are associated with obesity, heart disease and diabetes.

Your stress Rx Run, dance, paint, cook—do any activity you love, even if you have to force yourself. "When you're stressed and depressed, the parts of your brain that produce positive feelings don't function properly," Minkel says. "But doing things you enjoy jump-starts those regions." At first it may seem like a struggle to make it through an art class and only marginally better than sitting on your couch and scrolling through your DVR, but stick with it. Most people notice a boost in mood after they rediscover their old hobbies, Minkel says.

The Hothead

A long line at Starbucks can throw you into a fit of fury. "You get angry when you feel as if someone or something is blocking you from achieving a goal," Minkel says. People who blow up when they're stressed tend to abide by all-or-nothing thinking, says Mary McNaughton-Cassill, Ph.D., a professor of psychology at the University of Texas at San Antonio. Even the littlest snag can set them off. Learning to put a lid on your rage could save your life. Anger can cause changes in the nervous system that might lead to a heart attack, research shows.

Your stress Rx When you encounter a stressful situation, pause for a minute. "It gives you a chance to think about your behavior rather than lashing out," McNaughton-Cassill says. Now reframe what's happening. Maybe the driver who cut you off just had a fight with her spouse and now she's distracted. Realizing that she may not have been deliberately trying to aggravate you can extinguish your impulse to explode. ●

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CAN'T

BY JOANNE CHEN
PHOTOGRAPHS BY SPENCER HEYFRON

STOP.

WON'T

Surviving an accident that broke almost every bone in her body taught Rebecca Alexander the importance of being fit. So when she learned that a rare illness was stealing both her eyesight and her hearing, she laced up her sneakers and started fighting back.

STOP.

It's 10:30 on a Saturday morning, and Michael Jackson is blaring from the speakers in an indoor-cycling studio at an Equinox gym in New York City, where a sweaty crush of spandex-clad women and men is pedaling furiously.

"Here we go! Pick it up!" the perky brunette instructor yells. One minute she's standing on the pedals, scanning the room and shouting encouragement to the class; the next, she's off her bike, winding her way between the rows of cyclists, making sure everyone is OK.

This looks like any other cycling class—except it's not. The instructor, Rebecca Alexander, 36, has a rare genetic disease that's causing her to go blind and deaf at the same time. Today, what she sees in front of her is the equivalent of what you can see through a straw. Even that tiny peephole is slowly closing with every passing year. Her hearing loss is so severe that she has a hearing aid in one ear and a cochlear implant, an electronic device that helps restore sound, in the other.

Monique Dash, Rebecca's manager at Equinox, didn't know about Rebecca's health challenges for years. Even when she did find out, she couldn't fully comprehend what Rebecca was dealing with. It wasn't until she read Rebecca's memoir, *Not Fade Away*, last October that she understood. "The book made me cry," Monique says. "Rebecca has never, ever complained about her disabilities. Ever, ever."

Complaining is most definitely not Rebecca's style. "I've never had a 'why me?' moment," she says. "Bad things happen to lots of people. We talk about overcoming challenges, but it's really about living with them and getting through them."

Besides, Rebecca says, instead of focusing on what she doesn't have, it makes much more sense to focus on what she does have. And by her own account, she has plenty to be grateful for: a close-knit family; great friends; a thriving psychotherapy practice; her beloved dog and faithful companion, Olive; and the cycling classes she teaches. Rebecca has a "deep love" for fitness, which has gotten her through the difficult times. "Working out is such a huge part of my emotional well-being," she says. "As long as my body is strong, I feel strong."

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motivation

A SERIES OF SETBACKS

Rebecca suffers from Usher's syndrome type 3, a condition that causes progressive vision and hearing loss. By mid-adulthood, those with the disease can be legally blind and completely deaf. There is no cure.

It wasn't until Rebecca was 12 and began having trouble seeing the blackboard at school in San Francisco that her parents realized something was wrong. She was diagnosed with retinitis pigmentosa, a disease in which vision deteriorates slowly. (At the time, Usher's syndrome type 3 was unknown.) Doctors said Rebecca would probably lose her sight completely by the time she was 30. "All I remember thinking is that I just wanted her to get through high school," says her dad, David. "Then we would deal with what we needed to deal with."

Rebecca says that as a kid, the idea of going blind someday didn't really sink in. Instead, she focused on school, her friends and sports. She tried out for the soccer team, but her vision problems kept her from playing varsity. "I knew it wasn't meant to be," she says. "But I loved being competitive and running down the field."

Fitness soon became a critical tool for her survival. One night in the summer of 1997, Rebecca, then 18, was out with friends and had a little too much to drink. It was late when she got home. In her bedroom, she lost her balance and fell backward out the big windows, plummeting 27 feet onto a patio and breaking just about every bone in her body. She was in surgery for 12 hours while doctors took bone from her hip to rebuild her left hand and foot. The pain was excruciating. "I was in shock," Rebecca says. "Landing on the patio felt like being in an explosion."

She underwent several more surgeries to repair her broken bones

and then spent months in physical therapy. By January, Rebecca was well enough to start college, where regular sessions on an elliptical and a stationary bike and lifting weights helped rebuild her muscles. At the same time, her vision continued to slowly decline, and her hearing, which she'd been having some problems with, seemed to be getting worse (doctors blamed it on infections she'd had as a child). "I realized that I might not be able to control my eyes and ears but that I did have control over the rest of my body," Rebecca says. "If I worked hard at being fit, I could be as strong as anyone else."

PUSHING HER LIMITS

In the spring of 1999, Rebecca suddenly began experiencing a relentless loud ringing in her ears. She went to the University of Michigan Medical Center, where doctors did extensive testing to try to determine what was wrong. Finally, they broke the bad news: She had Usher's syndrome type 3.

When they told her that she was going to lose her hearing as well as her eyesight, Rebecca was stunned. "I just couldn't grasp it," she says. "At that point I was still functioning fairly well, and it was hard to believe what was coming." But as her hearing and vision deteriorated, Rebecca knew she had to accept the truth. "The best way to deal with it was to focus on the things I could take charge of. So I started waking up early to fit in my workouts, and I studied really hard. I might be going blind and deaf, but I was going to get tougher and smarter, too."

An admitted overachiever, Rebecca decided to pursue a dual master's degree in public health and social work at Columbia University. "I knew I wanted to be in a helping profession," she says. Rebecca was also determined to land a job as a Spinning instructor to help make money for school. She had added





REBECCA WORKS HARD TO STAY STRONG AND SELF-SUFFICIENT, DESPITE HER DISABILITIES.

Spinning to her workout repertoire and loved it. "The parts of me that didn't work well seemed to disappear as I pedaled," she says in her memoir. "I had recaptured that feeling of being fully alive in my body."

To qualify as an instructor, Rebecca had to audition. Because of her disabilities, she worked extra hard to prepare, practicing for weeks. She got the job. "It was empowering for her," says Alan Pinto, a former boyfriend who is now a close friend. "She loves being in front of a class, making people feel strong."

Around that same time, Rebecca met her BFF, Caroline Kaczor, who was working at the gym. Caroline is the kind of friend who takes Rebecca grocery shopping, who helps organize her apartment so she can easily find things and who will drop everything to help her, as she did one evening, when Rebecca got stuck "somewhere on Madison Avenue" after her cane, which she uses to help navigate at night, got snagged in a grate. "Caroline doesn't treat me differently for having disabilities," Rebecca says. "It's just a part of who I am for her."

By May 2013, Rebecca's hearing had become so bad that she decided to get a cochlear implant. Adjusting to the implant was not easy: Everything sounds different at first, and it takes months for a patient's brain to learn to decipher what it's hearing. Rebecca also suffered from vertigo because the implant threw off her balance. At times it was easier for her to crawl than to walk.

When she recovered from the vertigo months later, Rebecca needed



something to make her feel strong again. So when one of her students suggested that she try the Fhitting Room, a boutique boot-camp workout, she did. "The energy there is incredible," she says. "There is so much support from the instructors and my classmates. They know about my disabilities, and they encourage me." Her father says, "That workout is like oxygen to her."

Rebecca also began doing extreme races like the Civilian Military Combine, which consists of a functional fitness challenge as well as a military-style obstacle course, and is dedicated to supporting the U.S. armed forces, veterans and their families. "The races are about taking yourself out of your comfort zone," their cofounder, Keith Gornish, says. "Rebecca runs right up to the wave pools, rips out her hearing aid [which isn't waterproof] and hits the water. She's there to kick ass."

COMING OUT ON TOP

Rebecca's greatest physical feat is yet to come. This July, she's planning to climb Mount Kilimanjaro in Africa with her stepmom, Polly, and her half-sister, Lauren. To train for the

19,000-foot climb, she has scheduled a series of smaller hikes this year, including her favorite, up Half Dome in Yosemite National Park. "Hiking has always felt like meditating to me," Rebecca says. "It allows you to be present in nature while using both physical and psychological strength. And when you finally do get there, you feel a tremendous sense of accomplishment and fulfillment."

Her family has no doubt she can do it. Six years ago, Rebecca and her mom, Terry, took a trip to Peru. Terry got altitude sickness, and Rebecca ended up doing the arduous hike up the Inca Trail without her. "I was worried," Terry admits, but she didn't have to be. Rebecca was among the first of the group to make it to the summit. "She looked as if she owned the world," Terry said.

"I think Rebecca recognizes there's no time for sitting on the sidelines," her brother Peter says. "Her condition will take away life as most of us experience it, so she has to witness those sights and sounds and seize those moments."

Rebecca sometimes wonders what she'll be able to see and hear by July, when she's on top of Kilimanjaro. But however bad her eyesight or hearing may be, she knows that she'll embrace the experience and treasure it just like she does the sight of an expanse of sky, something she feels lucky to have seen when she was younger. "It means so much more to me to savor a view now because I might not be able to see it in the future," Rebecca says. "My memory of what it feels like to be in the moment is so vivid." ●



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Foods That Help You Lose

This woman knows that being on a diet doesn't have to mean being hangry. The key? Tasty eats (like popcorn!) that are shown to stave off hunger. "Certain foods have just the right combination of nutrients, volume, flavor and even texture to help control your appetite," says Marjorie Nolan Cohn, R.D., the author of *The Belly Fat Fix*. Read on for six kitchen staples that work overtime to keep you full. ➤

By Karen Ansel, R.D.

PHOTOGRAPH BY
DAVID M. CORTES

Shot on location at
The Smyth, a Thompson
Hotel, in New York City

Popcorn

If you need to nosh, pick popcorn. It's loaded with fiber, which leaves you feeling satisfied for hours by slowing digestion. And that's not all. When researchers in a *Nutrition Journal* study fed people either popcorn or potato chips, they found that 15 calories' worth of low-fat popcorn was as satisfying as 150 calories' worth of chips, thanks to the superior snack's combo of being low in calories and high in volume. "Popcorn also has more crunch and texture, so it takes longer to eat," Nolan Cohn says. "That gives your brain the time it needs to register that you've had enough food."

Eat up

- Prep better-for-you Cracker Jacks: Toss one cup of air-popped popcorn with one tablespoon each of peanuts and maple syrup.
- Top corn chowder or tomato soup with a heaping handful of popcorn.
- Swap popcorn for puffed rice cereal in marshmallow crispy treats.

Rye crisps

Trade in your toast. When volunteers in a *Nutrition Journal* study ate a breakfast containing either wheat bread or rye crisps, those who consumed the latter felt 21 percent less hungry four hours later. They also downed 8 percent fewer calories at lunch. Researchers suspect that rye contains a special kind of fiber, known as viscous fiber,

This tangy hot sauce fires up your taste buds and your metabolism.



that expands in your gut to slow digestion and the release of carbs into your bloodstream. The result: lower blood sugar and stabilized insulin levels, so you're less hungry. Look for brands like Wasa or Ryvita rye crisps in the cracker aisle of your supermarket.

Eat up

- Have a couple of rye crisps with hummus and smoked salmon for breakfast.
- Make croutons for salad: Break rye crisps into chunks, spray with olive oil cooking spray and season with sea salt, pepper and garlic powder. Bake in a 375° oven for 10 minutes.
- Upgrade bruschetta by topping rye crisps with chopped fresh tomatoes, kalamata olives, basil and a little balsamic vinegar.

Sriracha

It's made with chili peppers, which are rich in the appetite suppressant capsaicin. An analysis of 20 studies in the journal *Appetite* revealed that this compound has multiple weight-loss benefits, such as increasing body temperature, which ups your calorie burn, and helping you feel fuller. "Our taste buds have receptors that are directly linked to our brains," explains Amy Myrdal Miller, R.D., a culinary nutrition expert in Carmichael, California. "When capsaicin hits those receptors, they fire neurons that trigger the release of gut hormones that kick off the satiety response."

Eat up

- Give your usual PB & honey sandwich a Southeast Asian spin by drizzling it with sriracha.
- Add sriracha to mac and cheese. The heat will slow you down so you'll savor the comfort food instead of inhaling it.
- For a salad with extra kick, whisk sriracha into ranch dressing.

Fill 'Er Up

Give your meals even more staying power with these tricks.

Egg-cellent Idea

For protein plus creamy goodness, whisk a dollop of cottage cheese into eggs as you scramble them.

Sandwich Secret

Drizzle vinegar on your turkey and cheese. It slows the absorption of carbs and keeps blood sugar from spiking.

Soup Strategy

Stir a few heaping tablespoons of low-fat plain Greek yogurt into carrot or tomato soup for silkiness and satiating protein.

Mexican Makeover

Trade the rice in your burrito bowl for extra beans to pump up protein and fiber.

Spaghetti Swap

Use veggies in place of half the pasta in your bowl. They're low in calories and high in water content.

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Portobello mushrooms

These 'shrooms pack a special punch. They're high in glutamate, an amino acid that has a savory "fifth taste" called umami (the other four are sweet, sour, bitter and salty). When volunteers in a British study slurped soup with or without this flavor, umami eaters ate less but felt just as satisfied. While researchers aren't sure exactly why, they suspect that umami's rich, meaty flavor may play a role.

Eat up

- Make a portobello pizza. Top grilled portobello caps with marinara sauce, shredded mozzarella and fresh oregano and bake in a 400° oven for five minutes.
- Dice mushrooms and sear in a hot frying pan coated with olive oil. Then sub them for half of the ground beef in your taco.
- Trade oven-crisped portobellos for bacon in a PLT. Brush thinly sliced portobellos with olive oil, sprinkle with smoked paprika and bake in a 250° oven for 40 to 45 minutes. Layer them on toasted ciabatta with lettuce, tomato and mayonnaise.

Potatoes

If you've banished these tubers from your table, it's time to bring them back. Potatoes that have been cooked and cooled contain resistant starch, a carb that passes through your small intestine without being digested. As it travels into the large intestine, bacteria that live there feast on it, generating substances known as short-chain fatty acids. These encourage the production of special compounds, called peptides, that send messages to your brain to tell you that you're full. Cooked potatoes served warm contain

little resistant starch, but when cooled, about 12 percent of their starch becomes resistant.

Eat up

- For healthier potato salad, dice a cold baked potato and toss with olive oil, lemon juice, lemon zest and fresh basil.
- Make niçoise salad with cooled boiled potatoes, steamed green beans, hard-boiled egg, tomatoes, tuna and olives.
- Turn leftovers into pancakes. Whisk one egg and chopped fresh herbs into a cup of cold leftover mashed potatoes. Divide into four pancake-shaped portions, dust with flour and cook over medium heat in canola oil.

Dark chocolate

It sounds almost too good to be true: When researchers at the University of Copenhagen fed volunteers a morning meal of either dark or milk chocolate, the dark chocolate eaters reported less hunger afterward. Even better, they consumed 17 percent fewer calories at lunch. We're not suggesting that you start your day with a chocolate bar, but when a craving strikes, reach for the dark stuff. "It's higher in protein and fat but lower in sugar than milk chocolate, which causes a slower release of sugars into your bloodstream," Myrdal Miller says.

Eat up

- Toss dark chocolate chips and chopped tart dried cherries into low-fat plain Greek yogurt.
- For a dessert quesadilla, spread one tablespoon of almond butter on half of an eight-inch whole-wheat tortilla. Top with sliced banana and one tablespoon of chopped dark chocolate. Fold in half; heat in a nonstick pan.
- Swirl a few tablespoons of unsweetened cocoa powder into your favorite chili recipe.



LO-CAL CREAM SODA

PREP TIME: 5 MINS | MAKES 8 SERVINGS

INGREDIENTS

- 2 liters plain seltzer water
- 2 teaspoons pure vanilla extract
- 4 packets Stevia In The Raw® sweetener

PREPARATION

Open the bottle of seltzer and pour out 1/2 cup into a liquid measuring cup. Add vanilla extract and Stevia In The Raw® and stir gently to mix. Using a funnel, carefully pour the flavored soda mixture back into seltzer bottle and screw closed. (The ingredients may react with the carbonation causing extra bubbles.) Open cap slowly and let the extra gas escape before pouring. Serve over ice and enjoy!



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NOODLE

ON

THIS



Pasta fits perfectly into your healthy diet—as long as it's prepared the right way. Learn how to lighten up linguine, spaghetti, penne and more with these 10 smart strategies.

By Stacy Adimando
Photographs by Claire Benoist



01

GO THE WHOLE (WHEAT) WAY

You already know to reach for whole-wheat pasta over the refined stuff, but what about all the other kinds now on shelves, like those made with brown rice or spelt? Unless you're avoiding gluten, whole-wheat is a great bet. "Whole-wheat pasta provides more of the healthy carbs, fiber, vitamins and minerals than standard pasta and even some other whole-grain varieties do," says Laura Hartung, R.D., a nutritionist and personal trainer in the Boston area. Quinoa pasta is another smart option because it contains high amounts of protein. Be sure to read the package, though, as a cup of cooked quinoa pasta can contain 15 percent more calories than a cup of cooked whole-wheat pasta.

02

SAY GOOD-BYE TO SOGGY NOODLES

Pasta cooked until al dente—rather than for the amount of time indicated on the box—is better for your health. Research shows that when pasta is cooked longer, its carbs break down faster during digestion, making your blood sugar levels spike and then crash. To tell if pasta is al dente, taste a noodle after boiling for about eight minutes. It should be firm, not chalky or mushy.

03

KICK UP THE PROTEIN

Think of all the times you've called penne with some red sauce dinner—and how less than satisfied you were afterward. The reason? The dish lacks protein. "Pasta doesn't deserve to be vilified," says Tami Lyon, R.D., the founder of Healthy Living Nutritional Counseling and Consulting in San Francisco. "But making it into a complete meal by adding protein is vital." This will keep you fuller longer because it slows the absorption of carbs into your system. Combine 15 to 20 grams of lean protein, such as 3 ounces of cooked wild salmon or turkey sausage, with 1 to 1½ cups of cooked pasta.

Shells With Spinach, Leek and Spicy Turkey Sausage

SERVES 4

Hands-on time: 15 minutes

Total time: 25 minutes

- 2 tablespoons olive oil
- 1 medium leek, halved lengthwise and thinly sliced (2 cups)
- Salt
- 1 garlic clove, grated
- ½ pound uncooked spicy turkey sausage (3 links), casings removed
- 12 ounces whole-wheat pasta shells
- Juice of 2 large lemons, plus zest for garnish
- 3 cups baby spinach
- Freshly ground black pepper

1. Bring a large pot of water to a boil. In a deep skillet, heat 1 tablespoon oil over medium-high heat. Add leek and season with salt. Cook, stirring occasionally, until softened, 2 minutes. Increase heat to high and add garlic and sausage and cook, stirring with a wooden spoon to break up meat, until slightly browned and no longer pink, 5 to 6 minutes.

2. Generously salt the boiling water and add pasta shells. Cook, stirring occasionally, until al dente, about 8 minutes. Reserve ½ cup cooking water, then drain shells and transfer to pot with sausage and leek. Cook over medium-high heat, 2 minutes. Add lemon juice, remaining 1 tablespoon oil, ¼ cup reserved cooking water and spinach; season with pepper. Toss well, adding remaining cooking water as needed, 1 tablespoon at a time, until sauce reaches desired consistency.

3. Divide pasta among four bowls and garnish with lemon zest.

Nutrition facts per serving: 488 calories, 25 g protein, 74 g carbohydrate, 13 g fat (2.3 g saturated), 9 g fiber, 530 mg sodium

04

CONSERVE WATER

As pasta boils, starches leach into the water; adding back some of this liquid to the cooked pasta can enhance the taste of your dish. You can also use it to make a sauce: Once the pasta is al dente, reserve $\frac{1}{2}$ cup of cooking water and drain. Return the pasta to the pot, add $\frac{1}{4}$ cup cheese (grated Parmesan or ricotta) and $\frac{1}{4}$ cup of reserved cooking water and stir until sauce is creamy (add more cooking water if necessary). Drizzle with extra virgin olive oil and a squeeze of lemon.

05

MAKE YOUR OWN SAUCE

Store-bought marinaras might be a time-saver when you're in a hurry or hungry (or both), but they can be laden with sodium, sugar, oils and preservatives. Luckily, making a batch from scratch takes only 10 minutes (yes, really). This marinara gets its sweetness from grated carrot, which also delivers some fiber.

10-Minute Marinara

Finely grate $\frac{1}{2}$ carrot and $\frac{1}{2}$ celery stalk. Pour one 28-ounce can whole plum tomatoes with basil into a bowl and use your hands to coarsely crush tomatoes. In a saucepan, heat 2 teaspoons olive oil over medium heat. Add 4 lightly smashed garlic cloves and cook, stirring occasionally, 3 minutes. Add grated carrot and celery and cook, stirring, 2 minutes. Add tomatoes and season with salt and pepper. Bring to a simmer and cook 5 minutes.

Turn up the heat! Add $\frac{1}{2}$ teaspoon crushed red chile flakes with the garlic.

Go Mediterranean Stir 3 tablespoons chopped green olives and 1 tablespoon rinsed and drained capers into the tomatoes.

06

ROAST FOR THE MOST

While you're waiting for pasta water to boil, you can get a head start on roasting vegetables for your dish. Be sure to chop the veggies—we love fennel, asparagus and mushrooms—into uniform pieces for even cooking, and don't overcrowd the pan, so they'll caramelize. Lightly toss the vegetables with olive oil and season with salt. Roast at 425° until tender and lightly charred, 15 to 20 minutes, then mix into cooked pasta with some reserved cooking water and grated cheese.



DON'T HOLD THE SALT
For the best flavor, season boiling pasta water with 1 to 2 tablespoons of salt right before adding noodles.

Spaghetti With Roasted Vegetables and Chickpeas

SERVES 4

Hands-on time: 15 minutes
Total time: 45 minutes

- 2 small zucchini, halved lengthwise and sliced into $\frac{1}{3}$ -inch-thick half moons
- 10 large cremini mushrooms, quartered
- 1 red onion, halved and thinly sliced
- 2 teaspoons olive oil
- Salt
- Freshly ground black pepper
- 12 ounces whole-wheat spaghetti
- 1 batch 10-Minute Marinara (recipe above)
- 1 cup canned chickpeas, rinsed and drained
- Fresh basil for garnish

1. Preheat the oven to 425°. Bring a large pot of water to a boil. On a baking sheet, toss zucchini, mushrooms and onion with oil and season with salt and pepper. Roast until tender, about 18 minutes.

2. Generously salt the boiling water and add spaghetti. Cook, stirring occasionally, until al dente, about 8 minutes. Drain spaghetti and transfer to a large serving bowl. Toss with 10-Minute Marinara, roasted vegetables and chickpeas.

3. Divide pasta among four bowls and garnish with basil.

Nutrition facts per serving:
499 calories, 20 g protein, 95 g carbohydrate, 7 g fat (1 g saturated), 13 g fiber, 852 mg sodium

07

"NOODLE" AROUND

No doubt you've spotted thin strands of zucchini standing in for traditional spaghetti. Why stop there? "Most Americans fall short of the recommended nine servings of fruits and vegetables per day," Hartung says. "And research shows that people who eat more plant sources are smaller around the middle." Bulk up the variety of nutrients, colors and textures by tossing cooked whole-wheat spaghetti, linguine or fettuccine with ribbons of carrots, parsnips or asparagus or dark leafy greens, including Swiss chard, collard greens or kale.



TAKE PORTION CONTROL

Aim for no more than 1½ cups of cooked pasta (about 60 grams of carbs) per serving. Looking to lose? Scale back to 1 cup of cooked pasta and fill out your meal with veggies, Hartung says.



Linguine, Carrot and Collards With Shrimp and Feta

SERVES 4

Hands-on time: 20 minutes

Total time: 30 minutes

- 1 tablespoon plus 1 teaspoon olive oil
- 20 large raw shrimp, peeled and deveined
- Salt
- Freshly ground black pepper
- 2 garlic cloves, minced
- 1 bunch collard greens, stems removed and leaves sliced into thin ribbons
- 2 tablespoons minced shallots
- ¼ cup plus 3 tablespoons white wine vinegar
- 12 ounces whole-wheat linguine
- 2 carrots, shaved into ribbons with a vegetable peeler
- 2 tablespoons feta
- 2 tablespoons pepitas

1. Bring a large pot of water to a boil. In a large skillet, heat 2 teaspoons oil over high heat. Season shrimp with salt and pepper, then place in skillet and cook until pink, 2 minutes. Flip and cook 2 minutes more. Transfer to a large bowl.

2. Reduce heat to medium high and add 1 teaspoon oil, garlic and collard greens. Season with salt and pepper and cook, stirring, until greens are just tender, 2 minutes. Transfer to bowl with shrimp and cover to keep warm. Add remaining 1 teaspoon oil and shallots to skillet and cook, stirring, 30 seconds. Add vinegar (it will bubble and steam) and stir with a wooden spoon to pull any browned bits from bottom of skillet. Turn off heat.
3. Generously salt the boiling water and add linguine. Cook, stirring occasionally, until al dente, about 8 minutes. Reserve ½ cup cooking water, then drain linguine and add to bowl with shrimp and greens, along with carrot ribbons and ¼ cup cooking water. Season with salt and pepper and toss well, adding cooking water 1 tablespoon at a time until sauce thickens.

4. Divide pasta among four bowls and top with feta and pepitas.

Nutrition facts per serving: 527 calories, 40 g protein, 72 g carbohydrate, 11 g fat (2.3 g saturated), 10 g fiber, 379 mg sodium



IS FRESH PASTA HEALTHIER?

You might think it's better for you, but fresh pasta can be more of an indulgence than dried can, Hartung says. It's often made with cheeses like ricotta or with extra eggs, upping the calorie and cholesterol counts.

08

REPEAT AFTER US: OIL AND WATER DON'T MIX

If you're tempted to add olive oil to the pasta water to prevent noodles from sticking together, forget about it. The oil will cling to the drained pasta, making it more slippery, which can prevent the sauce from adhering.

09

CHEAT YOUR WAY TO CREAMY

Calorie-laden sauces are what typically give pasta dishes a bad rap. Case in point: An order of fettuccine alfredo at a restaurant can weigh in at around 2,000 calories, Hartung says. But that doesn't mean you have to forgo satisfying your creamy pasta cravings. For a velvety sauce without cream or loads of cheese, mix a couple of spoonfuls of ricotta or plain yogurt with hot pasta. Another quick trick for a satisfying sauce: Whisk together 2 eggs, 2 tablespoons grated cheese like Parmesan and some reserved cooking water and toss with hot pasta until creamy.

Penne Carbonara With Broccoli and Cauliflower

SERVES 4

Hands-on time: 25 minutes
Total time: 35 minutes

Unlike classic carbonara, which contains rendered bacon or pancetta fat and often heavy cream, this leaner version relies on starchy pasta water and silky jarred red peppers to achieve its rich consistency.

- 2 large eggs
- 2 tablespoons finely grated pecorino Romano, plus more for serving
- Salt
- Freshly ground black pepper
- 3 slices bacon
- ½ yellow onion, chopped
- 1 large head broccoli, stems removed and florets thinly sliced
- ½ small head cauliflower, stems removed and florets thinly sliced
- 1 tablespoon olive oil
- ¼ cup water
- ¾ pound whole-wheat penne
- ¼ cup chopped jarred roasted red peppers

1. Bring a large pot of water to a boil. In a large bowl, add eggs and pecorino Romano and season with salt and pepper. Whisk to combine and let come to room temperature.
2. Meanwhile, in a large skillet over medium heat, cook bacon until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate and crumble.

3. Drain skillet of all but a very thin coating of fat. Add onion and cook until softened, 2 minutes. Add broccoli and cauliflower, drizzle with oil and season with salt and pepper. Toss and then cook, undisturbed, until bottoms begin to brown, 2 to 3 minutes. Add water and cook until tender, 3 minutes more.
4. Generously salt the boiling water and add penne. Cook, stirring occasionally, until al dente, about 8 minutes. Using a slotted spoon, transfer penne to egg mixture (save the cooking water) and stir rapidly. Add broccoli and cauliflower, roasted red peppers, half the bacon, and a pinch each salt and pepper. Toss well, adding cooking water 1 tablespoon at a time until sauce thickens.
5. Divide pasta among four bowls and garnish with remaining bacon, season with black pepper and serve with cheese.

Nutrition facts per serving:
490 calories, 20 g protein,
74 g carbohydrate, 13 g fat
(3.3 g saturated), 4 g fiber,
416 mg sodium

10

GO GREEN

Sneak more leafy greens into your diet by adding them to pasta. Follow this formula: In a large skillet, wilt the chopped leaves of 1 large or 2 small bunches of greens with 2 teaspoons of olive oil and 1 chopped garlic clove; toss with cooked pasta. Then take it up a notch with these good-for-you combinations

IF YOU'RE USING ...	ADD ...
Escarole	2 tablespoons chopped walnuts + a pinch red chile flakes
Kale	2 tablespoons chopped hazelnuts + 2 tablespoons capers
Swiss chard	1 cup white beans + grated lemon zest garnish
Spinach	1 tablespoon toasted sesame seeds + 3 tablespoons raisins
Arugula	2 pieces crumbled bacon + 2 tablespoons sliced almonds



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